

TACTICS AND PREPAREDNESS



MIKE OX'S AUTOMATIC AIMING SYSTEM

BY FRANCIS DUFFY

Mike Ox, author of *Real World Gunfight Training*, is also the creator of The Automatic Aiming System that consists of thirty-six drills taught with videos for shooters to carry out at home (available at AutomaticAiming.com).

The system trains proprioception, vision and vestibular abilities relevant to shooting at the highest levels of performance.

The first concept that Ox mentions is *proprioception*. This is a physiological function of the brain that helps you be aware of the position and movement of your body through time and space. Many of the drills in

Ox's training program help improve balance and proprioception. According to Wikipedia: "Proprioceptive signals are transmitted to the central nervous system, where they are integrated with information from other sensory systems, such as the visual system and the vestibular system, to create an overall representation of body position, movement, and acceleration."

The next concept presented in The Automatic Aiming System is the visual system. Eye movements serve the function of selective attention; that is, they focus on some objects or events while ignoring others. Visual perception helps us to interpret what's happening around us and is not the same as visual acuity (seeing clearly). The resulting perception is also known as vision, sight *continued >*

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or eyesight. The various physiological components involved in vision are referred to collectively as the visual system

The third concept of interest introduced in The Automatic Aiming System is the vestibular system. The vestibular system, much of which is in the inner ear, provides us with a sense of balance and spatial orientation (ability to identify the position or direction of objects or points in space). The brain uses information from the vestibular system and from proprioception to help us understand our body's movements and to maintain balance from moment to moment. The last two major concepts are related to eye movements: Saccade movement and pursuit movement. Saccade movement happens as our eyes move from point to point. It assesses our peripheral field to identify direction, speed and distance of objects. Importantly, this eye movement also helps us converge our focus from the target back to the front sight and it helps verify the alignment of our sights. Once we have our sights aligned, we need to make a pursuit movement that will direct the image of the aligned sights onto the macula area of the eye to achieve visual acuity. This happens as we focus sharply on the front sight. The saccades and pursuit movements are separate, independent movements, but they must be coordinated to work together to engage in precision shooting.

These key concepts helped me understand why Ox's Automatic Aiming System is so valuable for beginner, intermediate and advanced shooters.

THIRTY-SIX TRAINING VIDEOS

The Automatic Aiming System came with a set of training materials: a large secchi target, a head band to hold a laser, a laser, three flat "letter pencils" with letters on them and representations of gun sights, two two-dot vision cards and access to the on-line training site with thirty-six "tough secchi target drills" training videos.

The ultimate outcome of The Automatic Aiming System is to improve shooting skills that depend on eye speed, neck stability and balance skills, especially when moving. Each of the thirty-six videos focus on one or more of those three key outcomes.

I practiced each of the 36 drills as described (Table 1). On average, I completed four of the drills each training day. Some of the drills were easy, some were hard, some deepened my understanding of concepts I

already knew, and all were beneficial. For me, the hard drills represented skill-sets that I was unaware of for improving my shooting speed and accuracy; especially those that focused on coordinating my visual, vestibular and proprioceptive systems. This is an account of experiences with the drills that I found most beneficial:

PENCIL PUSHUPS

The name of this drill confused me at first. The purpose of the drill is to coordinate the movement of the eyes to reduce visual confusion when shooting with both eyes open. For this drill, I used one of the flat pencils with letters and an image of a handgun sight at the top. I held the pencil at arms-length and then moved it closer and closer to my eyes. Sometimes I would see two pencils, but with repeated attempts I was able to maintain a single focus.



The unique "pencil pushups" help maintain focus.

NEAR-FAR DRILLS

I enjoyed and appreciated this drill because it deepened my understanding of a concept we teach our students at the Spartan Firearms Training Group; that is, keep my eyes on the target as the gun is drawn and pressed out to the target, then shifting my focus from the target to where I think the front sight post will be before it actually gets to that point. Shooting speed can be increased by mastering this skill.

GAZE FIXATION

One of the issues I have as a 73-year-old shooter is struggling with maintaining focus on a point for longer than five seconds with my transition lenses (prescription glasses). The ability to maintain focus is critical, in my opinion, for making precise shots. This drill helped me practice maintaining my focus for

TABLE 1: THE THIRTY-SIX SECCHI TARGET DRILLS

- | | |
|---|---|
| 1. Proprioception and Extending Proprioception | 19. Still Head Rotating Body - Still Head Rotating Feet (2 parts) |
| 2. Pencil Pushups | 20. Still Eyes Head Nod Metronome |
| 3. Near - Far Drills (Set the Macro) | 21. Letter Pencil Lunges |
| 4. 2 Fingers 2 Dots | 22. Lunges & Transitions |
| 5. Lines and 8s Laser on Head | 23. 8 Direction Leans |
| 6. Gaze Fixation | 24. 90 Degree Saccades |
| 7. Flat Brock String | 25. Legged 90 Degree Progressions (3 parts) |
| 8. Compass Rose Both versions eyes and head still | 26. Over The Shoulder Saccades (3 Parts) |
| 9. Laser Wrist Drills | 27. 8 Direction Lunges |
| 10. Letter Saccades | 28. Flick Eyes Head Follows Touch and Step-Touch (3 Parts) |
| 11. 8s with a perpendicular head | 29. Stereo Dots |
| 12. Pencil ROM and 2 Pencil ROMs | 30. Eyes Closed Finger on Wall 1 Leg Balance |
| 13. Letter Discernment | 31. Walking 8 Directions with a Still Head |
| 14. Laser Lines and 8s Holding Laser Shoulder | 32. 1 Legged Lines and 8s (3 Parts) |
| 15. 8 Direction Transitions | 33. Crossovers (Head Laser, Pencil, Pistol) - 3 parts |
| 16. Ambush Drill | 34. Mirror Saccades – HB |
| 17. Still Head On Draw | 35. Read Phone While turning Head – HB |
| 18. Secchi Draw Straight 22 45 90 (3 Parts) | 36. Head Still Reload (2 parts) – HB |

**Mike Ox's
secchi target.**

five seconds at a time. To complete the drill, I used the secchi target. There are orange dots at each of the cardinal points (north, south, etc.) on the target. While I kept my head and neck still and looking straight ahead, I shifted my gaze from dot to dot without moving my head and held focus for five seconds each time.

FLAT BROCK STRING

This was a difficult drill for me. I learned that the drill is helpful for reducing visual confusion, which occasionally happens to me as I aim with both eyes open and I see two front sight posts.

I used one of the two-dot cards and an ink pen. I held the card in front of my face with the flat surface toward the ceiling. I then placed the point of the ink pen on the far edge of the card. Then, I slowly moved the pen toward my eyes. As I did this, the visual image was supposed to change in a precise way. Often, I wasn't able to see the images that Ox said I should be seeing (visual confusion). After several attempts, I started to see what Ox said I should be seeing (reduced visual confusion).

LETTER SACCADES

This was a challenging drill for me. There are four strings of letters on the secchi target, one set on each of the corners. Saccades is a technical term for rapid eye movement between fixed points. With my head in a stable, forward-facing position, looking at the center of the target, I would quickly shift my eyes

to read a letter in one string of letters then shift my focus to read a letter on the opposite string of letters, then shift back to the first string and read the next letter in the string, then shift focus to the next letter in the second string until all the letters were spoken out loud. Early on, I would lose track of which letters I needed to read next.

One of the new and intriguing concepts I learned from this drill is something called *saccadic suppression*. One-tenth of a second before you shift your eyes to find the next target (in this case a letter in a string of letters) you are "blind" for five-one hundredths of a second. In practical terms, when searching for the next target your visual acuity temporarily decreases.

8S WITH A PERPENDICULAR HEAD

I really liked this drill because it focuses on increasing my head and neck range of motion. I attached the head band with the laser to my head and then slowly and smoothly rotated my head and eyes in large figure 8 movements. The ultimate benefit of this drill is to help me make quicker shots and to shoot better while moving.

AMBUSH DRILL

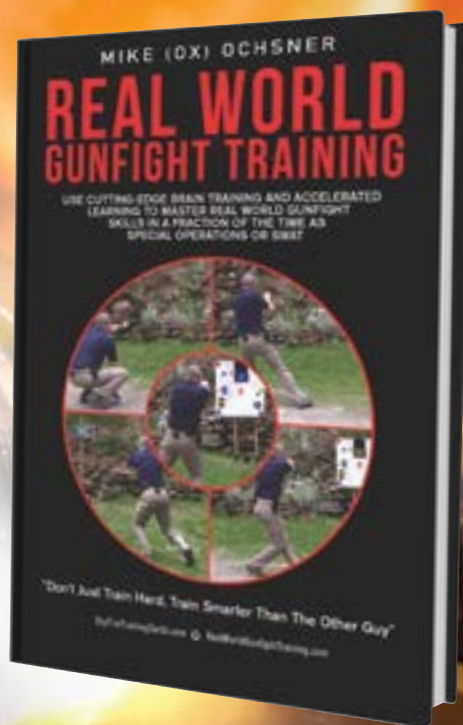
Many of the new shooters we train take too



long to align the sights, acquire a sight picture, focus on the front sight, and press the trigger to break a shot. This drill helps shooters to break a shot quicker.

For this drill, I used my SIRT pistol (laser equipped training pistol—no live ammunition) and the secchi target. I started with the SIRT laser aimed at the center of the target. Then, I started visually used the laser beam to trace the lines on the target. There are orange/red dots placed at prearranged points on the target. As I traced the lines, every time I came to an orange/red dot I would quickly "ambush" the dot. The goal was to have the laser beam on the dot as I broke the shot without disturbing the muzzle orientation. I really liked this drill.

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SECCHI DRAW STRAIGHT 22-45-90

This drill is particularly important because it focuses on turning, drawing, presenting the gun to the target, and pressing the trigger. I used a SIRT training pistol in a holster for this drill. I faced the target, drew and presented the gun to the target, kept the muzzle horizontal with the ground, focused on the front sight, and at full extension pressed the trigger. Then, I turned to a 22-degree angle away from the target. I drew the gun from the holster, turned to face the target and repeated the sequence. Then, I turned to a 45-degree angle from the target and repeated the sequence. Next, I turned to a 90-degree angle from the target and repeated the sequence. Finally, I repeated the 22-45-90 degree turns from my non-dominant side. I really saw the value of this drill for self-defense shooting.

LETTER PENCIL LUNGES, LUNGES AND TRANSITIONS, AND 8 DIRECTION LEANS

These three drills were, for me, very important drills to learn and practice. The first reason they are important is that in a real-life self-defense situation I know that I cannot and should not stand still to return fire. I will also likely need to move into potentially awkward and novel positions to return fire.

The second reason these drills were important for me personally, is that I am 73 years old and my sense of balance (vision, vestibular and proprioceptive systems) is occasionally awkward, especially when moving or walking down stairs. These drills help me improve my balance while moving.

The letter pencil lunge drill is designed to help me improve visual acuity while moving.

The lunges and transitions drill helped me learn to stay balanced while stepping in the eight cardinal directions (north, south, et cetera) while drawing, pressing the gun to the target and breaking the shot with my SIRT laser gun. Finally, the 8 direction leans drill is especially important for helping me maintain stability and comfort while moving or leaning from cover to put hits on a target.

There are other drills that I thought were quite valuable too, but these are several that were important for me. It is insufficient to simply watch the Automatic Aiming System videos. The point is not to understand advanced shooting skills, the point is to be able to perform advanced shooting skills and do it consistently. You have to actually perform the drills as demonstrated. If you only watch the videos, all you learn is the vocabulary. If you want to hone the skills, you must also practice the drills precisely. Mastery of a skill does not come with one repetition and I intend to watch the videos and perform the drills again until I have achieved the all of the gains I want. There is no way to get to the top without mastering the fine details and skills that Mike Ox presents in The Automatic Aiming System. ✓

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).



PUTIN'S PLAYBOOK: RUSSIA'S SECRET PLAN TO DEFEAT AMERICA

BY REBEKAH KOFFLER | SUMMARY BY CHRIS GRAHAM

Former KGB Lieutenant Colonel Vladimir Putin became the Prime Minister of Russia in 2000 and has held onto power ever since.

When I did research for my novel: *Election: Dezinformatsiya* (published in 2014) I discovered that the majority of English language books on Putin and contemporary Russian intelligence activities lacked real insight. I was creating a fictional day to day account of the real techniques employed to destabilize America and I was presenting them in a format intended to provide tactical education through an entertaining story. I discovered, however, that the materials available for my research were largely written by academics, reporters and former analysts who did not speak Russian and had never been to Russia. Worse still, they commonly engaged in “mirror imaging”.

At the simplest level, “mirror imaging” is the belief that if you immerse yourself in the target’s circumstances, you can replicate their thinking. Of course, the idea that a Russian former KGB lieutenant colonel is making similar decisions to the ones an academic turned intelligence analyst sitting in Langley, London or Ottawa would make has not proven any more accurate than the assumption that the actions of the jihad inspired insurgents of ISIS/Al Qaeda and their Muslim Brotherhood progenitor could be strategically understood—by these same analysts—without understanding shariah as it is understood by practicing Muslims. *Putin’s Playbook* does not follow that disastrous model.

Former Defense Intelligence Agency officer Rebekah Koffler was born in Russia, natively speaks the language, and displays a real depth of knowledge and relevant expertise that makes her 2021 book the ultimate single resource for individuals wanting to understand Russia’s invasion of Ukraine and what is likely to happen next.

Koffler’s account briefly describes the tragic irony of bureaucratic impediments to her becoming an intelligence officer. Few of her “intelligence community” peers spoke Russian, but they were far easier to shoe-horn through broken hiring processes (two or three years for them, eight years for her) than she was. Governmental practices re-

quire routine turnover in assignments on a fixed schedule even though there was presumably a desire for the U.S. government to understand Russia at more than just a superficial level. Koffler willingly accepted damage to her career to specialize in Russia for the majority of her years of service.

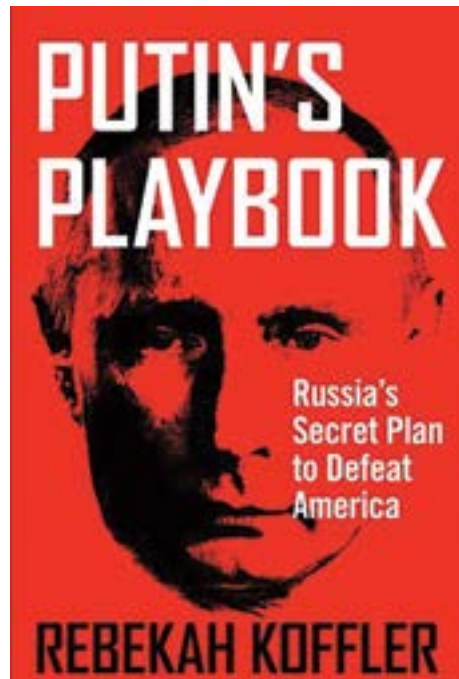
Koffler explains why Putin, contrary to some of the narratives promoted, is generally popular with Russians. He is a thug, but he is perceived as a thug that stands up for Russia against even bigger thugs around the world. He is, for example, recognized by many as nearly the only European head of state that stands up against World Economic Forum (WEF) initiatives for global central planning—that members profit from—in the form of authoritarian climate change policies, authoritarian COVID policies, and other authoritarian policies wrapped in social justice narratives. Russians are also generally much more familiar with the “Color Revolutions” some WEF figures have been associated with than many Americans are.

Russians experienced the loss of around 27,000,000,000 lives when their communist government was betrayed by Germany’s fascist government in what started as a combined authoritarian power grab (the seizing of Poland) that is now recognized as WWII. One of the reasons Koffler points out that Russian culture and perspective is different from that of Americans is callousness from the depth of loss, violence and hardship that has been faced by so many Russians in war and under Soviet Socialism. Further points of friction were created by widespread large-scale theft by officials and their partners in “public-private partnerships” that were represented as being capitalism or democracy after the centrally planned Russian economy collapsed.

Some Russians have observed corporate profits from unethical mandates and corporate largesse from friends in government on a scale that surpasses some nation’s GNP and assessed these schemes to be representative of American freedom rather than attributing them to corrupt individuals and corrupt organizations that have not yet been prosecuted for fraud and criminality under existing criminal codes, anti-trust and RICO statutes. Koffler makes the point that growing up with a lifetime of Russian experiences and narratives does not produce the same perspective as growing up immersed in a life of American experiences and narratives.

While the efforts carried out by the Communist Party of China in support of their stated goal of global dominance may be the most comprehensive national threat, Koffler argues that Russia contains some of the most specific threats to the United States.

Koffler chronicles the military technology development that Russia has been committed to and is convinced that Russia has attained some areas of superior capability. While all



The Russian culture and perspective is different from that of Americans because of loss, violence and hardship that has been faced by so many Russians in war and under Soviet Socialism.

adversaries and potential adversaries possess some areas of superiority, the author focuses on chronicling some potential dangers from advanced Russian cyber warfare abilities, new hypersonic missiles, satellite weapons, advanced nuclear weapons, new chem/bio abilities and artificial intelligence. She asserts that it is important to understand that the Russian government believes war with the USA is inevitable, conducts itself accordingly, and has developed doctrine for defeating America, not just deterring America.

Koffler described the fabricated DNC “dossier” used to disingenuously open investigations that permitted governmental spying on President Trump and the file’s Russian

origins. She described DCI John Brennan’s unsupported allegations against President Trump as “gross abuse of power”, but does not comment on Brennan’s admission of voting for a communist party candidate for president prior to somehow joining CIA. She stated that Russia’s hacked DNC emails that revealed the 2016 DNC primary election “fix” against Bernie Sanders in support of Hillary Clinton wasn’t done out of favor for Sanders, but was done to create maximum friction in America.

Koffler encourages readers to study the words of KGB defector Anatoliy Golitsyn, the author of two books, who famously said: “Soviet strategists are counting on an economic depression in the United States and intend to introduce their reformed model of socialism with a human face as an alternative to the American system during the depression”.

She encourages readers to heed the warnings of KGB defector and author Yuri Bezmenov who said, “People all over the earth whether they praise America or bitterly criticize her look upon you as the only hope for mankind’s survival and the last stronghold of freedom”.

Ultimately, the author warns that contemporary Russia still relies heavily upon “Russian Reflexive Control Theory”. This is a series of concepts that V.A. Lefebvre, the original Russian proponent, described as subversive means to manipulate US governmental institutions into making decisions as a skilled adversary would have them choose and that looks strikingly like the world we live in today.

2022 could be the freest, most decentralized, most prosperous, most transparent, most egalitarian year in human history. As though nothing has been learned from the past, however, contemporary technologies, trends and movements are being used in a comprehensive power competition for old fashioned control instead. Vladimir Putin is a former KGB lieutenant colonel with superpower ambitions. He has used coercion and assassination to obtain and retain power.

From his perspective, Russia is facing an encroachment of NATO membership that he was promised would not happen and seizing and contesting portions of neighboring countries should prevent them from being able to join NATO under existing rules. It is unknown whether the previously denied Ukrainian bio-labs supported by the US government - now

proven to exist - were a real factor in his invasion planning or not. The invasion was likely motivated by gaining control over Ukrainian energy sources, and possibly encouraged by other concealed belligerents.

People around the world want to see the invading Russian forces expelled from their Ukrainian neighbor. Americans have many factors to weigh when deciding whether to encourage or discourage elected representatives from continuing acts of war (non-kinetic or kinetic) against Russia.

While some have claimed political warfare, financial war, cyberwar and encouraging the assassination of Vladimir Putin are not acts of war, a reasonable person would likely find points of disagreement with them, at least in part. Of course the only opinion that matters on this subject is that of Vladimir Putin. What would he respond to as an act of war and how will he respond?

Everyone may favor Russia being ejected from Ukraine, but Americans must also consider multiple relevant facts: In 2010, Joint Chiefs of Staff Chairman Admiral Michael Mullen stated an obvious, but ignored, fact when he said, "The most significant threat to our national security is our debt." Today, COVID policies, environmental policies, and social justice justifications have been advanced as reasons for transitioning our economy to a system driven primarily by stimulus and regulation. While our now centrally planned economy appears to be on the precipice of going

the same way all other centrally planned economies have gone over time, intensifying a showdown with Russia will incentivize the accelerated abandonment of the dollar as the world reserve currency regardless of assurances. This would collapse the US economy immediately and be accompanied by the implementation of a centrally planned and controlled digital currency that would necessarily terminate individual liberty, self-determination and free market concepts. This can be thought of as a mandated-use "Bizarro world Bitcoin" likely to be named "FreedomProsperitycoin" or something similarly disingenuous. Many adversaries can certainly see this opportunity.

Secondly, we are facing down Vladimir Putin with the same team that suffered an ignominious, but completely predicted defeat by the Taliban in Afghanistan. The very same general officers that made countless public statements attesting to their certainty that they were succeeding every step of the way ultimately capped them off with mutual congratulations with the Secretary of Defense, and Chairman of the Joint Chiefs of Staff at around the same time human beings were falling off airplanes trying to escape from Kabul. It is unclear what the Biden/Harris team and their generals do and do not comprehend regarding the war they inarguably (to all but them) lost. That is most concerning because history does not provide examples of learning and improvement occurring where accountabil-

ity does not exist. Every misstep of this team drives governments around the world into the waiting arms of the Communist Party of China. A long list of missteps with Russia have forged an unnecessarily close bond between Putin's team and the even more dangerous Chinese uniparty. Koffler also raises the question on so many minds: *If the sovereignty of the Ukraine/Russia border is a moral imperative to protect with American lives and deficit spending, why isn't the sovereignty of the US/Mexico border an even higher moral imperative to the US government to protect?*

Russia is a serious player in the multi-party, omni-directional global power grab presently underway. As Xi Jinping, the Biden/Harris team, Mohammed Badie, Klaus Schwab, Bill Gates, George Soros and a cast of thousands compete for direct and indirect control, Vladimir Putin cannot be ignored. *Putin's Playbook: Russia's Secret Plan to Defeat America* by Russian born former Defense Intelligence Agency officer Rebekah Koffler is the very best place to start for an understanding of the Russian angle in this competition for control that may ultimately be remembered as WWII.

✓

BIO

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

GEAR REVIEW

CLUB K

The Club-K is a Russian surface-to-surface missile system concealed in a commercial shipping container similar to the Chinese YJ-18C missile system. The U.S. Navy reports having fewer than 300 ships. National and non-state adversaries fielding concealed shipping container missiles can effectively turn thousands of commercial ships at sea into a witting or unwitting undercover navy for pennies on the dollar. Missiles such as these can be fired from the decks of ships or the backs of trucks and trains near, or even within, an enemy's borders.

They may deliver nuclear, biological and chemical or conventional munitions for traditional or electro-magnetic-pulse attacks. In the future they may contain hypersonic missiles and be controlled by artificial intelligence. If one or more external adversaries wish to combine kinetic attacks with their current political, financial and cyber warfare efforts as the DOD purge is completed, deceptive weapons such as Russia's Club-K will likely be at the forefront of such an attack.





COMMUNICATE WITH YOUR DOG

**WORDS,
GESTURES,
LEAD**

BY PAT WATSON PHOTOS COURTESY PAT WATSON

I am the sole instructor for K9Philosophy in Houston. I operate a franchise of FortressK9 from Orlando. I use their training methods and I subscribe to their philosophical approach.

We exist in a very specific niche of the dog world. We produce high quality “Family Protection Dogs”. The FortressK9 Orlando facility handles all of the processes for their dogs from selecting breeding pairs, overseeing the birthing and early development, setting basic obedience and agility for the FortressK9 puppies and all of the multi-discipline skill sets that are required in each finished dog (bomb detection, human tracking, service dog tasks, obedience and agility, protection work, etc.). Handling every step of the process allows for total quality control.

For us, being a “Family Protection Dog” means that the top two most important expectations for our dogs are stability and real-

protection capabilities. With that end goal in mind, our dogs have a zero-fail requirement with unwarranted aggression, they do not bite their own handlers, they can recall enroute during a deployment, and they can come off of their bite on command. As for biting, our dogs do not merely “bite-and-hold” their targets, our dogs actively think and engage in “fighting” aggressive humans. This is an area that requires a lot of nuance to explain accurately and there are a lot of assumptions and subjective terms related to this practice. I am always happy to take a phone call and to explain why I find an amazing amount of value in the way that we conduct our training.

How can you benefit from this type of training, even if you only want your dog to

become generally more capable? Well, a dog that is obedient can still be healthy and happy and fulfilled. An obedient dog is less likely to experience an accidental injury or create an unexpected lawsuit for you. Your dog will likely live much longer if they stop on command when chasing a tennis ball into a busy street. One of our training pillars is that: “A dog is not obedient, unless they are obedient with distractions and under high stress”. That is a missing key for many training programs. Obedience in your house does not automatically mean obedience out in the rest of the world under strange or stressful conditions.

You can increase the capabilities of your Kk9 companion by improving the bond and the communication that you have with your

dog by routinely working on multiple methods of communication. We use three primary modes of communication.

VERBAL

These are spoken commands. We do not give our dogs suggestions. We give our dogs “commands”. Once our dogs understand what is expected of them, we have a training and operational principle: “One Direction, One Correction”. We say our commands once, our dogs operate accordingly the first time.

GESTURES

This means hand signals and body language. Using clear hand signals and also using some of our natural body movements, we can communicate expectations to our dogs in ways that spoken commands cannot convey.

LEAD DIRECTION

This is the effective use of a lead to communicate our commands to our dogs (we use “lead” in place of “leash”). Our leads connect to a properly fitted and high-quality prong collar. We do not use the tightening choke prongs, but we use a consistent sized fit that doesn’t cinch or tighten around the dog’s neck when we pull on it. We also strive to use

together is to put your dog onto a waist-high platform (something like a picnic table will work) and working on simple commands like “sit” and “lay”.

Pick a word for your command. Whether it is a foreign language or English doesn’t matter, but be sure to always use the same word consistently. Pick a hand signal, make it clear and bold and always use the same signal for the same action. Use your lead direction correctly (the hardest part). If you want your dog to lay down and you are pulling up on their lead, you are going to have a hard time and your dog is going to be confused.

There is some finesse, some timing and multitasking involved, but you can start working your way through these three simultaneous commands right away. With your dog on their platform:

1. Say your command “Sit” once.
2. Pull upwards on their lead.
3. Hold your hand signal in front of them where they can see it.

That’s the process, but the magic is in the structured training pillars and the FortressK9 philosophy. When we are restructuring our dog’s training or when we are teaching them

something that is new to them, we encourage you to be patient and caring with your dog. You can still have a highly capable fighting machine if you start off by “coaching” your dog while they are in the learning process. Once you and your dog have made it clear to one another, consistently, over time, that you both know the expectation and are performing at a working knowledge level, we then start implementing our obedience “corrections”. We give verbal praise when our dogs correctly carry out their commands

and we give collar corrections when our dogs are knowingly disobedient and choose to not carry out known commands. The level of correction on the collar should start out very light and you should strive to use as little force as necessary to bring your dog back into obedience.

While repeating the process of using all three primary methods of communication at the same time, you will start to see your dog recognizing and responding to each of the three communication mediums. You can start slowly experimenting with using any two of the methods of comms and any one method of comms during your early stages of coaching and you will be able to see your dog starting to build new mental pathways. Becoming a master at creating a highly functioning dog is really just a matter of mastering basics.

VERBAL FOCUS

Each of the methods of communication has strengths and weak areas of capability when you are operating with your dog. Some of the great things about using primarily or only verbal comms is that you can do it at a great distance from your dog. You can do it when out of sight from your dog, you can whisper commands to your dog quietly, and you can do so when your hands are full or when you are not able to hold or maneuver your dog’s lead. There are, however, some tasks that you will find trouble with if you are using only verbal commands. Particularly things like “Okay Rufus, I need you to stay laying down but just scoot about three inches to the left very slowly”, that would be easy with lead direction but difficult with verbal commands alone.

VERBAL SKILL DRILLS

With your dog on a platform, take one step away from your dog, turn your back to your dog, say the command (sit or lay, etc.), pause for a moment and allow them to carry out the command, then turn and look at your dog. If they have done the command correctly, we give verbal praise. If they know what is expected and they don’t perform, we give an appropriate correction. Repeat.

Try giving verbal commands at a distance. Something like being across a small field area. Start close and slowly work your way farther from your dog, giving them obedience and agility commands from far away, but in sight.

Put your dog in one room of your house and step outside the room and just out of sight. Speak your command, pause, then lean back into the room to check if the dog has performed correctly. Praise and correct as needed.

Also, try different tones: loud boot camp style commands, casual talking-level commands, whispering commands.



Becoming a master at creating a highly functioning dog is really just a matter of mastering basics.

the lightest amount of force needed to obtain obedience in our dogs and to communicate direction to our dogs.

GET STARTED

One of the best ways to get started incorporating all of these communication methods

You get to choose what type of relationship you want with your dog.

GESTURE FOCUS

Gestures are another method of communication when you are at greater range from your dog. They also work well when screaming at a distance is not an option or is inappropriate. When I eat at restaurants with my service dog, if I happen to place her in a down/stay while I get up and go get a drink from a drink station, if I see her sitting up when I want her to stay laying down, I will wave to her and point down at the ground. Unless there is an emergency, I will not scream across a restaurant full of people to command my dog into a different position. Gestures are also good for when I need silence. If something goes bump in the night and I grab my rifle and my dog to do a perimeter check around the outside of my house, I don't want to keep saying out loud "Heel, with me. Wait. Sit. Okay, heel. Okay go search that area." Etc.

Gestures lack some value, of course, when my hands are full. They also lack usefulness when my dog is facing away from me. If I tell my dog to climb something or cross a beam or sit in a car and wait, they might be looking at something else on purpose or they may be unable to see me even if I want them to.

GESTURE SKILL DRILLS

These also work at a distance. Remember to stop yourself from speaking the commands while giving gestures. Start close and then work your way to greater distances from your dog while giving gesture commands.

Try walking with your dog next to you, in the "heel" position, and try flashing any stay/sit/down command in front of their face. Try to get them to stop and sit while you keep walking. Then call them to you and continue your walk.

Try big bold gestures with both hands, try switching hands, and also try what could be compared to a slang or loose/weak/unclear sign, to see if they pick up on your nuance. Does your dog respond differently to your gestures if you are wearing gloves maybe? Worth checking out.

LEAD FOCUS

An absolutely incredible tool exists for learning how to get the most out of the lead attached to your dog. Many people ask: "How can I train my dog to work off-lead?" The answer I give is: "Get really good at obedience on lead ... for a long time". One of the biggest

mistakes I see handlers and trainers making is the idea that they have to rush to have a dog operating without a lead. I almost always keep my dog on lead, especially in public. Having to manage a lead in one hand (or a lead wrapped around my shoulders or otherwise attached to me) is barely an inconvenience. The amount of immediate and tactile information that the lead gives me is astronomical.

The lead shines during certain positioning requirements. Imagine your dog is standing on the ground, and imagine their nose is like the hand of a clock, pointing to 12. Imagine you sit down with your back against the wall, you tell your dog to lay down, and you want your dog to lay tucked-up underneath your chair or the bench you are sitting on. Can you verbally tell your dog "Okay, I need you to spin about 90 degrees to your left, point your nose to the left, and crawl under my feet". Maybe, but probably not. Now, in all fairness, using your gestures could really help you here too. But, using the lead would probably be the fastest and most likely method to get your dog to understand exactly what you want them to do just by a simple nudge of the lead in the correct direction with the correct amount of light-force.

LEAD SKILL DRILLS

Attach your lead to your dog while they wait in their crate. Without speaking, and with no hand signals (body language is hard to hide, so try not to be a robot, but try not to give specific gestures) get your dog to walk at your side, to sit at the door while you open it, to walk out the door and sit again while you close it, and to walk by your side again towards the car. Have your dog sit while you open the car door. Have your dog wait. Then have your dog jump into the car using only prompting with their lead. They will love it, and I bet you will too. Repeat on the way back to the crate.

Find obstacles that your dog can climb up onto and jump up onto. Using as little lead direction as possible, and no spoken or signal commands, have your dog jump onto and off of obstacles, have them sit and lay while they are up on obstacles, have them drop items from their mouths, etc. using only the lead. Remember, using the lead in the correct direction at the correct timing and with the appropriate level of force (as little as possible).

Also, try getting your dog to cross a plank or a beam quickly, and then have them do so slowly, while using only the lead to adjust their speed.

Tip: don't *pull* on the lead, i.e., don't keep constant pressure forward or back or side, but give small "bumps" in the correct direction.

We should always remember that we must first "coach" our dogs with what we expect of them. Then, when both dog and handler prove to one another that consistent results are achieved with these methods, only then do we give corrections when a dog is disobedient.

You get to choose what type of relationship you want with your dog. If all you want is a dog that recalls really well, you can strive for that, and I think that's fantastic and I applaud you. For us, at K9Philosophy and at FortressK9, we set foundational obedience and agility work and we work all the way up to dogs that will think their way through active combat with an armed human or multiple humans at once. We use the FortressK9 training method, and we produce the highest quality Family Protection Dogs that are also completely stable and safe to be around.

Our training is designed to accomplish a very specific niche capability in our dogs which is a dog that shares two of the most important capabilities, both of which are primary; safe and stable in all environments, and dogs that will not just "bite" an attacker, but systematically "fight" attackers. With that outcome in mind, we are able to produce top-tier results without relying on bribing our dogs with treats or toys. We don't rely on clickers, and we produce these results without shock collars.

It always reassures me in my choice in who I have decided to apprentice under when we routinely receive shocking compliments from active military and law enforcement handlers that see amazing capabilities in our dogs that often surpass what their agencies and units are capable of instilling in their K9s. ✓

BIO

Pat Watson (UncensoredTactical.com) served for over a decade in operational capacities from military, to police operations, to private security. He now teaches lock picking, protection dog training, and hosts Uncensored Tactical podcast.



Students at an Acorn Workshop learn to shell, grind, and leach the acorns, in preparation for making acorn pancakes.

L.A. WILD FOOD WALK

Oak, Cactus, Watercress, Stinging Nettle, and Chickweed

BY CHRISTOPHER NYERGES PHOTOS COURTESY SCHOOLOFSELF-RELIANCE.COM

Our small class met in the early morning, when there was still fog in the air. Most arrived from somewhere nearby in Los Angeles County, but some had driven a few hours to join the wild food exploratory walk.

Everyone had an interest in how to use wild plants for food and medicine, though everyone's interest was slightly different. A few were worried about the skyrocketing cost of foods, and some were concerned that so much in the supermarket is tainted by pesticides. Some wanted to learn about wild foods because of their nutritional superiority. And at least a few present were worried that western civilization as we know it could end one day, and the knowledge of wild foods could keep food on the table.

We explored a wild area in the foothills of the Angeles National Forest. We experienced places where there used to be cabins from early settlers, but today were frequented by backpackers, hikers, and bicyclists. We got off

the beaten path and looked at native and non-native plants that we could use for food.

Most Americans live in urban areas, crammed together where there is never enough space to live off the land, and just barely enough space to garden. But what if you *had* to live off the land in the aftermath of an urban disaster? Could you do it? Would there be enough food? The answer to that question depends upon your skills, your level of cooperation and communication with others, and how many other people are also trying to live off the landscape.

We hiked along and discussed each potentially edible plant we encountered. Here are some of the wild edible plants that we found. Most provide seasonal food, though there is always something to eat from the wild at any

time of the year. Never eat any wild plant until you have accurately identified it as an edible plant! If in doubt, do without.

OAK TREES (QUERCUS SPP).

Many varieties of oak trees are found all throughout the world, in urban areas, and in wilderness. They are commonly planted as street trees, so even if you live in the inner city, it's likely that some of the trees are oaks. You know it's an oak because in the autumn, they produce acorns. Every culture in the past ate acorns, including most Native Americans.

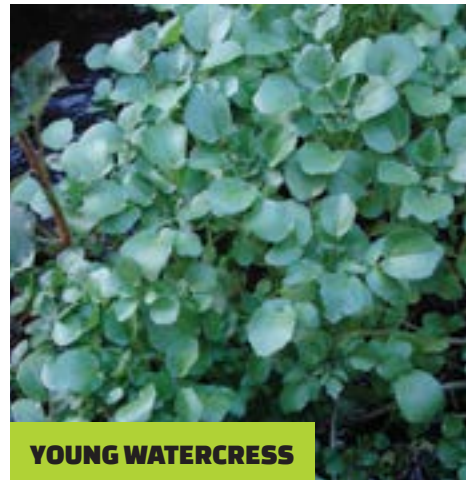
We walked through a forest of the native oak trees – coast live oaks, canyon live oaks, Engelmann oaks, and scrub oaks. We collected a can of acorns off the ground. When we were



above: Diann Benti cleans a young cactus pad by scraping off all the glochids.

left: A prickly pear cactus fruit.

A student at one of Nyerger's wild food cooking workshops tends to the nettle soup, acorn pancakes, and cactus and egg omelette.



YOUNG WATERCRESS



YOUNG CHICKWEED

ready for our meal, we first peeled each acorn of its outer shell. Then we ground the acorns into a flour. Since acorns are bitter, our next step was to leach out the tannic acid. At our table, we put a cotton cloth into a free-standing colander, and added the acorn flour into the cotton. We poured cold water through it numerous times, until when we tasted it, it was no longer bitter. Then we mixed acorn flour half-and-half with other flours to make fresh pancakes. The pancakes were eaten eagerly by everyone, and everyone liked them – even the children. The flavor is unique, sometimes compared to graham crackers.

PRICKLY PEAR CACTUS (OPUNTIA SPP.)

During our several hour walk, we frequently passed large patches of the prickly pear cactus. Even people who have never studied botany know a cactus when they see one. This one is quite common, and not just in the American West and Southwest. It's found throughout Mexico, and at least one species can be found pretty much anywhere in the United States.

The pads can be eaten raw or cooked, but

you have to gather them carefully, and scrape or burn off both the visible spines, and the tiny hair-like spines called glochids at the base of each spine. Once you have cleaned the pad, you can dice it and add it to your salad. From a survival perspective, you should never starve or dehydrate if these cacti are growing around. Though you cannot fill your canteen with the water from these cacti, you can eat your water by chewing on some of the pads – they contain 90% water.

In our case, we diced the pads and cooked them with eggs, which is a very traditional way to prepare the cactus pads. Since this was in autumn, the red fruits were maturing and we were able to collect many of those as well. The glochids are really frightening on the fruits, so you need to carefully gather the fruits – use metal tongs if you have them. We then turn each fruit over the flames to singe off the glochids, rinse them, and cut them in half. The inside fruit is sweet and delicious, and is the closest you'll get to watermelon in the wild.

Medical professionals have now “discovered” the prickly pear cactus, and it is now being promoted as a way to lower cholesterol

levels and to help with adult onset diabetes. Stores are now selling pills made from the cactus pads. See the book, “Prickly Pear Cactus Medicine” by Knishinsky for more details on that.

WATERCRESS, MUSTARD, AND RELATED PLANTS

If you are following a slow-moving stream just about anywhere in North America, you are likely to find watercress growing along the banks. The plant is easy to recognize with its tender pinnately-divided leaves, and its' four-petalled white flowers that develop in the older plant.

Watercress can be added to salads, but only if you know the water is safe and unpolluted. Otherwise, you should cook it. The plan for our excursion was to make watercress soup. We collected a bag full of the young growing tips, and then, back at our camp, we began by boiling water. We rinsed and diced the watercress, and tossed it into the boiling water. We reduced the heat, and let it simmer. Watercress is good by itself, but we chose to add some potato flour to thicken the stock, and a bit of

powdered miso for flavor. It was a remarkably delicious yet simple soup.

The botanical Mustard Family is widespread, and it contains all the plants we call Mustard, as well as many others, such as Wild Radish, Shepherd's Purse, Tansy Mustard, Sea Rocket, Winter Cress, London Rocket, and many others. The Mustard Family is large, and widespread.

I instructed my students how to recognize members of the Mustard Family, which is an entirely edible family. Botanical families are determined by their floral characteristics. The flowers of the Mustard Family contain four petals, four sepals, one pistil, and six stamens. During our field trip, besides watercress, we collected some of the yellow flowers of the black mustard plant and added them to our soup and salad.

STINGING NETTLE (URTICA DIOICA)

Everywhere we walked, especially near the stream, we saw patches of the stinging nettle plant, the plant that urban gardeners love to hate. When you brush up against the plant's tiny hairs with your bare skin, it causes a stinging sensation from the formic acid that gets exposed.

The majority of the stinging nettle we encountered is originally from Europe, and there is also a less common native nettle in the west which grows much taller. Nettle greens do not go into a salad, but the tender tops make an excellent soup, alone or with other ingredients.

Picking carefully, we stuffed a bag full of nettle tops. Back at our camp, we began by bringing a pot of water to a boil, and then adding the nettle greens. We added a few potatoes and some miso broth, and let it cook until the greens were tender. This is another one that nearly everyone really likes (even children).

An older woman who lived through WWII recounted how there was no food in any stores, but nettles were everywhere, and everyone made them into stews and soups. Stinging nettles may have originated in Europe, but today they can be found widely throughout North America.

CHICKWEED (STELLARIA MEDIA)

When possible, I enjoy having a salad of raw wild greens. Usually where I do my classes in Southern California, there are some greens available year-round, or at least part of the year, which I can use for making a salad. Chickweed is one of my favorites.



YOUNG STINGING NETTLE

Nettle soup cooking at a campsite.



Chickweed is an annual plant from Europe which sprouts up after the rains, so you begin to see it in very early Spring, and typically it is dried up and gone by late Summer. But sometimes, even in Summer and Fall, you can still find chickweed growing along the streams or in shady north-facing hillsides. When I find it, I carefully pick some of the young tender leaves, being careful not to uproot the plant.

We rinsed our bag of chickweed greens, diced it, and our group enjoyed this tender plant in a salad with some wild onions and a few other greens. As is my custom, I nearly always carry salad dressing in my pack and so I seasoned the salad with a simple oil and vinegar dressing.

Chickweed is mild-flavored and a good source of vitamins and minerals. And yet, as hard as it is to believe, some folks hate chickweed because it grows in their lawns! On the other hand, herbalists use it and recommend it for tea as a diuretic. A box of chickweed tea is about ten dollars in health food stores, the last time I checked.

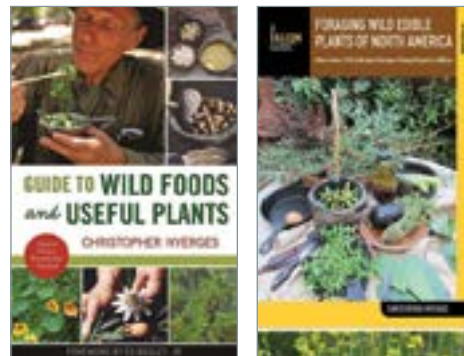
Chickweed is identified by its tender stems, with a fine line of white hairs along one side of the stem. Leaves are opposite and they come to a tip. There are five deeply cleft petals on each little flower. It is from Europe, but today it is found widely in North America.

FIELD TRIPS

During the ethnobotanical field trips that I conduct, I instruct students in how to identify plants in the field, so they can recognize the

plant in different environments, and in different stages of the growing season. We usually make a salad, or soup, and in some cases a small meal.

I want my students to recognize that we have a floral bounty that can be ethically utilized, which can be used to create or enhance meals, and can also be used for the health of our bodies. It is not hard to learn how to recognize plants, but you need to take your time and make sure you have positively identified each plant before you eat it. ✓



BIO

Christopher Nyerges (www.SchoolofSelf-Reliance.com) is an ethnobotanist who has been teaching about identifying and eating wild foods since 1974. He is the author of Guide to Wild Food and Useful Plants, Foraging Wild Edible Plants of North America, Foraging California, and other books. He has appeared in NatGeo's "Doomsday Preppers," and was a consultant for "Naked and Afraid."



THE CANADIAN INSURGENCY

A SPECIAL FORCES ASSESSMENT

BY ANDREW CURTISS

SARS Cov2-19, also known as COVID-19 (Wuhan Virus), policies have had a profound impact on the people of Canada to include the setting aside of Canada's constitution and existing laws, and the involuntary restructuring of daily life.

The citizens of Canada have experienced one of the most profound and understudied upheavals of a free society ever witnessed. The repurposing of Canadian institutions is historic and noteworthy.

TIMELINE

January 9, 2020 – Dr. Theresa Tam, Chief Public Health Officer of Canada, tweeted: “Traveling to China? Be aware of an outbreak of pneumonia of unknown cause in Wuban city, Hubei province. Consult the travel health notice before you go & contact your healthcare provider if you feel ill after your return.”

January 19, 2020 – according to CBC’s John Tasker, A Health Canada briefing note prepared for Health Minister Patty Hajdu stated: “Based on the latest information that we have, there is no clear evidence that the virus is easily transmitted between people.”

January 22, 2020 – Canada implemented a screening protocol for travelers returning from Wuhan to major airports in Montréal, Toronto

and Vancouver. Passengers with symptoms were to be alerted that they should go into voluntary isolation for 14 days. Voluntary self-isolation was the Canadian policy articulated for the next two months.

January 25, 2020 – Health Minister Patty Hajdu stated: “Measures to mitigate the risk of introduction and spread of diseases like the new coronavirus in Canada are in place, including messaging on arrival screens at the Toronto, Montréal and Vancouver international airports reminding travelers to inform a Border Services Officer if they are experiencing flu-like symptoms, and an additional health screening question on electronic kiosks used by international travelers.”

January 27, 2020 – Canadian Foreign Affairs Minister François-Philippe Champagne stated: “Canadian officials in Ottawa and in China are working closely together with their Chinese counterparts to address this situation that we are currently facing.”

February 1, 2020 – Canadian Prime Min-

ister Justin Trudeau spoke at large Lunar New Year celebrations in Toronto and addressed the COVID-19 outbreak: “There is no place in our country for discrimination driven by fear or misinformation,” He added, “This is not something Canadians will ever stand for.”

February 2, 2020 – Trudeau’s office released a statement on the importance of information control: “The government remains fully engaged on the issue, and will do all that is necessary to ensure the safety of Canadians, both at home and abroad ...”

February 3, 2020 – Don Davies of the Canadian Health Committee called for medical emergencies act actions and a more stringent set of measures to control COVID-19.

February 14, 2020 – Dr. Deena Hinshaw, Alberta’s chief medical health officer, stated that “anyone returning from international travel with health symptoms will be tested, first a swab taken, then they’d be isolated until results came in a day or two”.

March 13, 2020 – Canadians were ad-

“If you would rule the world quietly you must keep it amused.”

– Ralph Waldo Emerson

vised to avoid all non-essential travel outside of Canada until further notice. Justin Trudeau announced in a press conference that Canadian health officials were unable to adequately handle the spread of the outbreak and that the government would now defer to international policies on containment and control.

March 18, 2020 – Canada closed its doors to the world. Travelers returning to Canada were required to be isolated for 14 days. The country went into a first official lockdown and only individuals deemed “essential” by central planners were authorized to travel.

March 25, 2020 – Canada implemented large fines against citizens accused of violating stay at home and self-isolation orders.

March 26, 2020 – Canada implemented the “Quarantine Act”, essentially medically justified martial law – it included protocols for mandatory masking and “social distancing”.

April 2020 – Canadian Pastor Artur Pawlowski made a video explaining rejecting Canadian officials from entering his church without a warrant. Officials were on site to break up Christian church services. The video went viral internationally and drew attention to the authoritarian measures implemented in Canada.

May 2020 – Canadian lockdown measures were symbolically loosened, drive-in theaters and some small businesses were authorized to reopen with mandated masking, physical distancing, and limited capacities. International travel to and from Canada was authorized with mandatory self-paid quarantine at government facilities upon entry into Canada. Religious services were still banned.

November 2020 – Canada descended into a second “lockdown”.

January 6, 2021 – Canada allows travel with incoming travelers required to present proof of a negative COVID-19 PCR test conducted within 72 hours of their departure time to board flights into Canada.

February 22, 2021 – Travelers arriving in Canada were required to receive a COVID-19 PCR test on arrival and required to quarantine at an “approved hotel” at their own expense. At the same time, they awaited test results or recovery and were subject to “increased surveillance” during the remainder of the mandatory 14-day isolation period. A third PCR test was required at the end of the 14-day isolation period.

September 2021 – Quebec and British Columbia implemented a “vaccine passport” sys-

tem. Citizens in those provinces were required to prove that they had submitted to a requisite number of partially tested emergency use gene therapy injections and demands – in contravention of the Nuremberg Code – to be allowed to travel, work or obtain food.

October 6, 2021 – Trudeau announced that the experimental injections referred to as “vaccinations” would be mandatory for those seeking to board planes to fly domestically or internationally as well as those who travel with Via Rail or Rocky Mountaineer trains in Canada. All remaining provinces implemented the “vaccine passport” system and the precedent of subordinating citizen freedom, inalienable rights and human rights to edict was set.

November 19, 2021 – The Trudeau administration announced that all cross-border truck drivers would be subject to mandatory “vaccine” and quarantine requirements from Jan. 15 2021. The trucking industry warned of obvious delays and supply chain interruptions from these measures.

November 30, 2021 – The option to provide a negative COVID-19 test prior to boarding transportation was no longer permitted and all passengers were mandated to be fully “vaccinated”.

January 28, 2022 – A convoy largely consisting of trucks started arriving in Ottawa from across the country protesting the “vaccine” mandates.

January 29, 2022 – Many thousands visibly joined the convoy under the banner of Freedom Convoy and participants demonstrated an organized, peaceful protest.

January 31, 2022 – Trudeau stated that he was infected with COVID-19 despite having publicized being “vaccinated” against it previously, and moved to an undisclosed location. He asserted: “*Canadians are disgusted by the behavior of some protesters in Ottawa*” and added “[I] will not be intimidated.”

February 2, 2022 – Leader of Canada’s main opposition Conservative Party, Erin O’Toole, is ousted after a caucus vote, apparently vulnerable from failing to embrace the anti-authoritarian protest quickly enough.

February 5, 2022 – Protesters crowded downtown Ottawa for a second straight weekend. Protests spread to other cities including the financial capital, Toronto.

February 6, 2022 – Ottawa Mayor Jim Watson declared a state of emergency.

February 7, 2022 – Canadian Police cordoned off the protest areas and began seizing fuel containers being brought to truckers by rivers of supportive citizens.

February 10, 2022 – The Biden/Harris administration reportedly reached out to Trudeau to encourage additional use of force to disrupt protests.

February 15, 2022 – Despite uncertainty whether COVID-19 mortality was similar to seasonal flu, evidence that lockdowns could not be shown to improve health, and evidence that the majority of new COVID-19 cases were among the “vaccinated”, Trudeau invoked the “Emergencies Act” (the act gives the government authoritarian wartime powers) rather than restore freedom to Canadians and abide by the Nuremberg Code.

February 17, 2022 – Police warned protestors of “imminent action” while Trudeau predictably accused MPs supporting protestors of standing with “*people who wave swastikas*”.

February 18, 2022 – Canadian police used force, to include trampling protestors with horses, to enforce Trudeau’s medical “safety” orders. They made over 100 arrests and incarcerated alleged protest organizers.

February 19, 2022 – Canadian Deputy Prime Minister Christy Freeland told banks and crowd sourcing companies to seize assets from anti-authoritarian dissidents.

HISTORY

In 2017, billionaire Klaus Schwab: head of the World Economic Forum (WEF), former president of the Bilderberg Group, and author of *Covid-19: The Great Reset* made the following statement:

“What we are really proud of now, is the young generation. Like Prime Minister Trudeau...and so on. So we penetrate the cabinets. So yesterday, I was at a reception for Prime Minister Trudeau, and I know that half of this cabinet, or even more than half of this cabinet, are actually [WEF] Young Global Leaders of the World.”

This falls into categories of “Partners, Young Global Leaders, and Young Global Shapers” and WEF runs a by-invitation annual college known as the Davos meeting (in Davos, Switzerland) each year to discuss global policies that advance their agenda. According to Schwab, their current agenda is known as the “Great Reset”.

The WEF is a transnational supra-state influ-

ence operation boasting “Agenda Contributors” such as billionaires George Soros and Bill Gates. It is the organization that released a promotional video predicting that by 2030 “you will own nothing and be happy”, “whatever you want you will rent”, and “The US won’t be the world’s leading superpower”.

While financial positions taken by Schwab, Soros, and Gates do not suggest *they* plan to own nothing and be happy about it, the ode to global authoritarian central planning culminated by threatening: “you’ll eat much less meat”, “a billion people will be displaced by climate change”, and “we’ll have to do a better job welcoming and integrating refugees”. In fact, WEF fortunes are directly intertwined with the businesses and pharmaceutical products people have been herded into in accordance with governmental COVID policies and governmental climate change policies.

Many of the Canadian officials whose misdeeds are listed above appear to be acting on behalf of WEF initiatives. Canadian Prime Minister Trudeau is listed as an alumni of the WEF’s Young Global Leader program. So is his Deputy Prime Minister Christy Freeland. The Canadian Head of Strategic Policy, Elissa Goldberg, and Karina Gould, Head of Canada’s Social Development and Employment are too. So is the Leader of the Canadian New Democrat Party, Jagmeet Singh. Francois-Phillippe Champagne, the Head of Canadian Foreign Trade also mentioned above, and Melanie Joly, the head of Economic Development and Science are too. So is the highest lawmaker of the land the Senior Counsel for the Supreme Court of Canada, Renee’ Maria Tremblay. In fact, The WEF’s website lists hundreds of government officials and aspiring corporate partners as members, alumni and affiliates¹.

Counter intelligence agents and critical thinkers may recognize “Young Global Leaders” as systems for agent recruitment and development. Each tier appears to be based on the degree of access and placement it has as well as the payoff effect from operations. Regardless of whether one disregards the appearance of a coordinated subversive effort to control a government, Canadians are positioned to assess how frequently the actions of these infiltrators have served the financial interests of WEF affiliates versus how often their actions have served Canadian citizens.

Deputy Prime Minister Christy Freeland, for example, called for banks to seize assets from people protesting authoritarianism. The coordination between Trudeau’s call for the Emergen-

cies Act, the encouraged confiscation of private property by Freeland, and the decision to allow it by member of the Supreme Court of Canada Renee’ Maria Tremblay are both seamless and transparent. HSBC bank of Canada immediately complied with these unethical demands and called for other banks to do the same. The head of HSBC Canada Corporate, Kim Hallwood, is also a member of the World Economic Forum’s “Young Global Shaper’s” program².

CONCLUSION

There appears to be a pattern of coordination between groups like the World Economic Forum, The Bill and Melinda Gates Foundation, Rockefeller Foundation, Bloomberg and organizations like Johns Hopkins University. The tiered system of Partners, Young Global Leaders and Shapers appears to be a key tool for influential billionaires who have bet their fortunes on trends they *predict*.

There also appears to have been a revolution of sorts carried out in Canada. Authoritarians who have infiltrated the Canadian government have openly violated the Nuremberg Code and have ended the sanctity of individual liberty and private property for citizens. They have put unfavored businesses and individuals out of work by edict while elevating the favored. They have locked millions in their homes claiming their orders are “science”. They hold out hope in the form of the suggestion of conditional future freedoms for the compliant, while claiming health policy is their justification.

However, with Sweden and mandate-free societies demonstrating superior health to Canada these claims are unsupportable. With U.S. DOD whistleblowers revealing massive spikes in disease correlating with implementation of the emergency use COVID injection mandates³ and insurance companies discovering massive increases in all-cause morbidity⁴ correlating with implementation of these injections, the crimes against humanity evident in forced medical experimentation must be investigated to get to the bottom of the severity, scope, and motives behind these crimes.

Over-caution in the earliest days of an unknown situation, contradictions, and making wrong assessments in good faith is forgivable to many, while seizing illicit powers by pretext is not. It remains to be proven whether Canada is witnessing the manifestation of central planning run amok with authoritarian inclined officials behaving lawlessly and practicing deception in an attempt to hide their failures and to continue claiming rewards from those indus-

tries benefitted or whether an orchestrated plan to implement trans-national supra-state neo-fascism is the primary driver of events.

Recently, a senior Canadian military special operations officer joked in private, “two weeks to flatten the curve is now two years to replace a free society with a centrally planned economy”. Many Canadian law enforcement agents are, no doubt, wondering if they might have saved their country if they had indicted self-serving officials the very first times they began to exercise powers they did not legitimately have. The Canadian Armed Forces are left to wonder what might have happened if they had not assumed the corruption and political warfare lines of operation (LOOs) evident were only a criminal problem, and anecdotal evidence suggests Canadian citizens are diving into a burgeoning underground economy to escape Trudeau’s grasp in an anticipated governmental conversion to a digital currency, man-made food shortages, and implementation of CCP (Chinese Communist Party) style social credit scoring.

The WEF is not presently designated a foreign terrorist organization (FTO), or recognized as a transnational criminal organization (TCO) and it appears unlikely that the USA or NATO will deploy forces to liberate the people of Canada. Only time will tell if Trudeau and his co-conspirators consolidate power along the lines of a Fidel Castro or a Hugo Chavez. Whatever the future of Canada holds, the Trudeau gang has irreconcilably violated the social compact with the citizens they ostensibly serve and Canada has involuntarily been returned to its’ monarchical roots. ✓

BIO

Andrew Curtiss (Maxurpotential.com) is a former member of the 3rd Special Forces Group (Airborne). He is trained in unconventional warfare and advanced HUMINT skills. He was nominated for the Silver Star and is a Bronze Star (“V”) recipient and has operated in over 30 countries as a special operations soldier and U.S. Government contractor. Today, he operates his own business as a Corrective Exercise and Human Performance Specialist in Clarksville, Tennessee.

NOTES

1. <https://www.weforum.org/people/> accessed on 03/21/2022.
2. Ibid.
3. <https://www.ronjohnson.senate.gov/services/files/FB6DDD42-4755-4FDC-BEE9-50E402911E02> accessed on 03/21/2022.
4. <https://rescue.substack.com/p/chilling-pandemic-data-from-the-insurance?s=r> accessed on 03/21/2022.

Your mind, body and spirit are capable of tremendous capabilities and resilience if you train them.



TRAINING FOR A PHYSICAL AGILITY TEST

BY **DAVE CADY**

In 1998, the municipality that employed me as a law enforcement officer sent me to the Cooper Institute of Aerobic Research in Dallas, Texas.

The Cooper Institute offered a two-week program for certification as a Physical Fitness Specialist. During this intense program, we learned the basic concepts of Cooper testing and during my training tenure from 1998 to 2012 The Cooper Institute of Aerobics Research was the standard testing used. Different agencies utilized various testing protocols, but there are quite a few similarities that we can learn from. Cooper taught that the health-related components of *strength, dynamic strength (muscular endurance), flexibility, cardiovascular endurance, and body composition* are the important factors needed by an applicant to be successful. Cooper also taught that the applicant should possess the motor related components of: *coordination, agility, power, balance, speed and accuracy.*

Dr. Cooper was a true visionary regarding physical fitness training and the Cooper Institute taught me the “fit for life” concept. Whether you are training to become a police

officer or you simply want to face contemporary life’s ever-increasing challenges ... *and opportunities* ... at your best, you must know where you stand today and make daily efforts to improve. Your mind, body and spirit are capable of tremendous capabilities and resilience if you train them. Small training investments made every day, yield large 24 hour a day, 365 days a year benefits.

Cooper taught that nutrition and behavior modification are also important components. Cessation of smoking, sleep, hydration, stretching, balance and breathing skills are all behaviors that can dramatically improve your health if deliberately optimized or sabotage your health if ignored. As long as you are healthy enough to participate without hurting yourself let’s begin by getting an inventory of where you stand today with Cooper’s Physical Agility Test.

PREDICTIVE FACTORS

- Sustained Pursuit - Aerobic Power

- Sprints - Anaerobic Power
- Dodging - Aerobic/Anaerobic Power/Flexibility
- Lifting and Carrying - Muscular Strength/Muscular Endurance/Anaerobic Power
- Dragging and Pulling - Muscular Strength/Muscular Endurance/Anaerobic Power
- Pushing - Muscular Strength/Muscular Endurance/ Anaerobic Power

The Cooper Institute recommends that a fitness battery of tests should only include those items that measure the underlying fitness components. The tests applied must have the validity to predict an officer’s ability to perform essential and critical physically demanding tasks regardless of age, gender or handicap.

ABSOLUTE STANDARDS

Also referred to as single cut points are recommended. Same job = same standard makes the most sense. Absolute standards, however,

often demonstrate adverse impact in passing rates for numbers of females. DoD and some other agencies have different standards, but during my tenure as a PT Instructor and a Physical Agility Test administrator female applicants and recruits were subject to the Absolute Standards. Absolute standards are reflective of the minimal fitness required for the job as validated by federal, state and municipal agencies.

EXAMPLE ABSOLUTE STANDARDS (SINGLE CUT POINTS)

TEST BATTERY

FEDERAL	STATE	MUNICIPAL
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1.5 Mile Run min/sec

13:35-14:31	14:05-15:31	14:36-16:28
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Push Ups #

34-36	21-35	25-28
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1 Minute Sit Ups #

38-42	30-38	29-35
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These are the three tests that our Municipalities based the Physical Agility Testing on.

Passing for employment was 40% percentile. Passing for graduation from the Academy was the 50% percentile.

FACTORS TO CONSIDER

Research the exact testing requirements needed for the organization you are interested in. Every agency should be able to provide the exact data that is necessary to successfully complete their test. Ascertain if restrictions are listed for age, sex or disability. These factors will be different in many parts of the country.

Each test will have exact techniques for the exercise to be conducted. Examples such as hands folded across the chest or hands clasped behind the head for sit ups or crunches are very important factors to establish. You must train for each exercise using the prescribed technique. Your inability to do the exercise with the approved technique would cause you to fail. Push ups that do not have the proper plank position or failure to bring the body to the point required in the down position will cause that exercise to not be counted. There is nothing worse than an applicant pumping out a number of pushups that they think are good and discovering the

examiner is not counting the ones that did not meet the required technique.

I have personally failed applicants for missing an exercise by time required or number of exercises required. I did not take joy in it, but I offered my suggestions for the improvement that would be needed to retest. If you think that you can show up and just go for it, you are sadly mistaken. Some Agencies require a medical examination by a medical professional be completed before physical agility testing. Sadly, I have even seen an applicant at the very young age of 30 experience a massive heart attack and pass away.

THREE TESTS

The three tests that I will discuss are the three that I administered in my tenure as a Physical Fitness Specialist. These three tests were approved by our municipalities for entrance and graduation of the police academy. This is also a great assessment to do at home, because they do not require any equipment but a timer or stopwatch that most people have on their phone. As a Physical Fitness Specialist my job was to take the applicants that passed the entry exam (40%) and get them over the 50th percentile by the end of our twenty-six-week academy.

PUSH UPS

Maximum pushups are an exercise designed to build muscular endurance in the upper body. The push up has been designated as a critical physical job task. Assume the plank position. With the arms locked, place the palms on the floor fingertips facing forward. The palms should be at a shoulder width. Lower the body by bending the arms. With the arms bent and staying in the plank position the chest should be about four inches from the floor. In a pushing motion from the down position bring the body into a full upward motion. The arms will be locked straight, and this action completes one full exercise. Videos of the exact technique can be found on the internet. This is a maximum number exercise. That means that the applicant will conduct the exercise with the



Build aerobic and cardiovascular endurance! Most testing failures occur during the 1.5 mile run.

FREERANGESTOCK - DIRECT MEDIA

proper technique until they reach physical exhaustion. Physical exhaustion being described as no longer being able to conduct the exercise with the proper technique.

Upper body strength is an important factor. When training recruits to pass at the 50 percentile I used isometric exercises to build muscular strength and endurance. The beauty of these exercises is that you do not need any special equipment. They can be performed within your home or apartment.

FLOOR PUSH UP

Assume the push up position and allow your body to be placed flat on the floor. Palms on the floor and fingertips placed forward. Your toes will be flat on the floor as well. Push your body into the up position. Lock the arms and hold it for a four count. Slowly lower your body to the floor in a four count. Exhale as you push into the upward position again. Lower yourself to a four count. Repeat this technique to build endurance.

FOUR COUNT UP AND DOWNS

This technique is very similar to floor pushups. Using the four count up and down mo-

tion, hold the four count positions for a longer period of time as your muscular endurance grows.

MAX OUT

The Maximum Push Up is a great exercise to practice maxing out. Your ability to reach a desired number of pushups in incremental stages over time builds confidence. That confidence and effective training daily, over time, will help you succeed in reaching your desired numbers. Agencies often award no additional credit for maxing out, but the mental edge that it gives pushups is invaluable and helps build the habit of setting higher personal standards across disciplines.

SIT UPS

This exercise is designed to build core body strength. This exercise is timed at one minute. The technique is very important. The knees will be bent, and the hands will be clasped behind the head. The upper body will start in the down position. Back and shoulders flat on the floor with knees bent. An examiner or partner will hold your feet flat on the floor. Raising the upper body off the floor, hands clasped behind the head, the elbows will touch the bent knees. All the way up and back down will count as one exercise.

FOUR COUNT SIT UPS

This exercise is based on the same isometric principles as the four count pushups. It is designed to build muscular endurance through maximum exercise focused on the core muscle groups.

LEG RAISES AND KNEE BEND

Lay flat on the floor and place your hands under your buttocks, palms down. Keeping the legs straight, raise them upward with the toes towards the ceiling. Lower the legs slowly

and about halfway to the floor with the legs straight, bend the knees bringing them into the chest. Extend the legs, hold for a four count and then lower the legs to the floor.

PLANKS

Plank exercises will help you develop a stronger core. Plank exercises can also be incorporated into your Maximum Push Up training routine.

1.5 MILE RUN

The 1.5-mile run is designed to check aerobic and cardiovascular capacity. In my experience, this is the category in which most failures occur. We always administered the test on a running track. For those who had a problem meeting the standards we administered exercises that were designed to help them build the aerobic and cardiovascular endurance needed to pass. The first hurdle to overcome in training for this run is simply being able to cover the distance without walking.

QUARTERS

This exercise required the recruit to jog a quarter mile and then sprint a quarter mile. Emphasis was on breathing and gaining the endurance level to reach the ability to jog at a faster pace. After gaining a faster pace for the jog, the quarter sprint should also increase.

WIND SPRINTS

This exercise assisted the recruit in proper breathing techniques as well as gaining endurance and increased ability to tolerate discomfort. The sprints can be started in ten-yard increments and extended to twenty, thirty and forty yards or beyond.

If your profession requires a physical agility test, you will have increased piece of mind if you know that your personal training is adequate and consistent enough to allow you

to far surpass minimum standards even if you had to take the test with no warning at all. Increased physical fitness will give you a higher quality of life, make you more psychologically resilient, and set you up for success in facing any type of emergency. If the test described here is not challenging for you, consider an old-school Marine Corps style Physical Fitness Test (PFT): dead hang pull-ups (20 continuous for max points), sit ups in two minutes (100 for max points), and a 3-mile run (18 minutes for max points) or any of the current special operations' physical standards.

Training for a marathon begins with a single step, and your life can be dramatically improved in the long run if you are willing to make some small improvements each day. If you are medically capable of safely doing it, the Physical Agility Test is your key to inventorying where you stand today so that you can measure your gains over time. You may want to inventory and track your stretching, hydrating, breathing, sleep and balance training and improvements in a similar fashion too. ✓

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 and he holds a 5th Dan Black Belt in Tae Kwon Do.

Plank exercises will help you develop a stronger core.



Whether your highest priority is guaranteeing a free and fair 2022 election in all 50 states (visit: votifynow.org), getting to the bottom of the COVID-19 (Wuhan Virus) misrepresentations (visit: globalcovidsummit.org), securing America's beleaguered southern border 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. PETER McCULLOUGH

Dr. Peter McCullough is an internist, cardiologist and epidemiologist managing the cardiovascular complications of both viral infection from COVID-19 (Wuhan Virus) and injuries developing after consumption of partially tested “emergency use” mRNA gene therapy injections.

Dr. McCullough was the lead speaker before Senator Ron Johnson's forum: *COVID 19: A Second Opinion*¹ where bombshell evidence from the Defense Medical Epidemiology Database (DMED) was presented from DoD whistleblower doctors indicating that myocarditis information had been deleted and a tidal wave of new diseases had accompanied the timeframe military personnel were forced to submit to partially tested emergency-use injections. The DMED data indicated the following accompanying COVID injections²: Diseases of the nervous system 1,048% increase. Malignant neoplasms of esophagus 894% increase. Multiple sclerosis 680% increase. Malignant neoplasms of digestive organs 624% increase. Guillain-Barre syndrome 551% increase. Breast cancer 487% increase. Demyelinating 487% increase. Malignant neoplasms of thyroid and other endocrine glands 474% increase. Pulmonary embolism 468% increase. Migraines 452% increase. Ovarian dysfunction 437% increase. Testicular cancer 369% increase, and Tachycardia 302% increase. DOD responded by hastily changing the numbers entered into DMED.

According to the CEO of OneAmerica, an American life insurance company, all-cause deaths went up 40% in the third quarter of 2021. These deaths were among workers aged 18 through 64 and accompanied the implementation of COVID injections, not the introduction of COVID itself³.

A great deal of coordination and expense is

evident in the proliferating COVID Information Operations⁴. Despite slander, smear campaigns and threats, Dr. McCullough has courageously challenged the legitimacy of mask mandates, “lockdowns”, and “vaccine passports” that require free men and free women to obtain permission to move around and participate in a free market economy from a central planning authority. And as mandates that violate statutes and standards based on the Nuremberg Code have been used to strangle economies, and put non-compliant businesses and individuals out of work, Dr. McCullough has demanded the restoration of freedom and has consistently countered the conflicted narratives of Chief Medical Advisor to the President, Anthony Fauci.

CDC data confirmed that COVID-19 has better than a 99% survival rate with most victims reporting minor symptoms and many unaware they ever had it. Outside Sweden where there is superior health and no mandates, what is the motive for inexplicable COVID policies throughout the world? Outside Florida where there is superior health and no mandates, what is the motive for inexplicable COVID policies throughout the USA?

A 2009 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 liability arising from the illegal promotion of certain pharmaceutical products.”⁵

In November 2020 Brook Jackson, a supervisor involved in Pfizer COVID “vaccine” trials came forward as a whistleblower stating that research included “falsified data”. While Pfizer denies this, she submitted documents, photos, audio recordings and emails to the British Medical Journal.⁶

The media slogan “follow the science” that

was widely used to give the misimpression that an appeal to authority fallacy was actually an application of science may need to be replaced by the investigator's slogan “follow the money”. Only a comprehensive series of investigations will determine why there has been no effort to hold the Communist Party of China accountable, and whether the crimes committed by state and non-state actors were primarily motivated by profit or power.

Your investigation must evaluate both the claims of officials and their partners in the pharmaceutical industrial complex as well as reviewing the censored side of the debate from independent medical experts like Dr. Peter McCullough. Only timely criminal and civil accountability will deter even larger abuses. For now, Dr. McCullough can be found on Twitter (@P_McCulloughMD) and on his podcast: “The McCullough Report”⁷. ✓

NOTES

1. <https://www.ronjohnson.senate.gov/2022/2/sen-johnson-to-secretary-austin-has-dod-seen-an-increase-in-medical-diagnoses-among-military-personnel> accessed 3/31/22.
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6. <https://sharylattkisson.com/2021/11/read-whistleblower-says-pfizer-vaccine-trial-included-falsified-data/> accessed 11/30/21.
7. <https://www.americaoutloud.com/category/podcasts/the-mc-cullough-report/> accessed 3/31/22.

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