

TACTICS AND PREPAREDNESS



BE YOUR OWN PROTECTOR

BY FRANCIS M. DUFFY

These are dangerous times for individuals and families. Criminals are more active than ever. Madmen are shooting up malls, schools, and churches. Sharp and irreconcilable political differences are fueling hate-filled protests where people are battered and beaten. Given these times, it makes sense for individuals and families to apply principles of executive protection; the same principles used to protect high profile politicians, actors, and business men and women.

Several years ago, I completed a training program taught by the Executive Protection Institute. The short training was a useful combination of theory and role-playing opportunities that took place in the community of Winchester, Virginia. Although the training focused on a protection specialist providing protection services to clients, I quickly intuited that the same protection theories and practices could be modified to protect families.

EXECUTIVE PROTECTION

Five core executive protection skill-sets that can be easily developed and used by individuals and families are: Breaking out of the normalcy bias, assessing threats, assessing vulnerability, mitigating vulnerability factors, and managing responses to stress.

The basic model for executive protection has three skill-sets: Prevention, preparation, and responding.

Prevention is accomplished by first iden-

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Paying attention to what is going on around you reduces your vulnerability. Spotting what is abnormal is a key factor.

tifying and assessing potential threats to you or your family. Lieutenant Colonel Jeff Cooper's "color code of awareness" is a useful tool for doing this. Another useful tool is the OODA (observe, orient, decide, act) loop concept created and implemented by Colonel John Boyd and others. The core skill underpinning both tools is "paying attention" to what's happening around you.

Although the probability of being a victim of an attack or home invasion is low for most people, becoming a victim is still possible. Preparing for the possibilities, not the probabilities, instead of falling into the normalcy bias trap is important. Preparation includes physical fitness, firearm training, security lights on the exterior of your house, and other precautions.

Being in a responding mode means you are about to become a victim or you are already in a fight for your life. Clearly, you don't want to be responding, so focusing on prevention and preparation seems like a smart thing to do.

Naïve or arrogant people believe that no harm can come to them. They think that because they live a good life in a nice neighborhood, train in martial arts, lift weights to be strong, carry a concealed firearm, and so on, that evil will never come for them—and complacency sets in. Predators are always on the look-out for victims. Train for the possibilities, not just the probabilities.

THREAT ASSESSMENT

The range of threats people face vary ac-

ording to the specifics of their careers and lifestyles. Visible wealth makes you attractive to home invaders. Firearms collections, coin collections, and other kinds of valuable collections can make you a target. An expensive car, SUV, or truck can attract the attention of thugs who want take it from you. Attractive children could become kidnapping targets. Other factors include:

- Fame or notoriety
- Public image (What are you known for? Are you a political candidate?)
- Involvement in controversial activities or programs
- Associates
- Lifestyle
- Expressing controversialized opinions in social media

Gary Quesenberry created a tool you can use to assess your vulnerability. I call it a "threat assessment star."

VULNERABILITY

There are four key vulnerability factors: predictability, accessibility, insufficient resources, and poor planning.

If you follow the same route to work every day, you are predictable. If you go to the same restaurant every Friday night, you are predictable. Predictability is a dangerous pattern of behavior, especially if you are a target. A 3rd Special Forces Group veteran I know became predictable in his behavior while in Afghanistan. He was a medic. He treated local civilians on the same day every week. The Taliban noticed. They set an ex-

Attacks sometimes happen in transition spaces while moving from one location to another.



plosive device next to a 2½ ton truck. On that “same day,” the medic was treating Afghani children on the other side of the truck when the explosion went off. The truck flew over the top of him and the kids. He was severely injured. Some of the children were killed. His mistake, to which he admitted, was becoming predictable.

How easy is it for people who want to hurt you or your family to get close to you? Is your personal information widely available in social media venues? Are you working with the public on a daily basis without a way to identify potential threats? Are you taken by surprise when someone approaches you from behind while walking across a parking lot?

Unless you are independently wealthy, you probably do not have the financial resources to pay for private security officers. Resources that are more likely available to you are martial arts training, firearm training, emergency medical training, and home security systems. If you don't train in martial

arts, I strongly recommend Brazilian Jiu-Jitsu, Muay Thai, or boxing. If you don't own a firearm that you can carry, you might consider purchasing a firearm, training to use it, and carrying it concealed. If you don't have a home security system, you should consider installing one.

Plan your trips to increase your personal safety. Rotate your daily routes to and from work so that you don't follow the same route every day. Complete a security assessment of your house (security cameras, alarm system, escape routes).

EXERCISE #1: VULNERABILITY ASSESSMENT

The strength of your vulnerability assessment can be improved if you involve other people in this exercise. Use your “range of threats” to start your thinking. Avoid falling victim to the normalcy bias while answering the following questions.

Why would someone want to attack you? If someone attacks you or your family, what

would they want? How would they attack? When would they attack? Executive protection specialists know that attacks sometimes happen in transition spaces where you are moving from one location to another.

Using a scale of 1 (low) to 5 (high), rank order the risks you and your family face. Add-up the rankings to get a total score and then divide by the number of risks you potentially face; for example, your total risk value is 36 and the number of risks you face is 12. 36 divided by 12 equals 3.0 risk level. Next, also using a scale of 1 (not well known) to 5 (very well known), assess how well known you are in your community, state, or nation-wide; for example, you may be a fairly well-known business person in your community and you assign level 4 to that perception. You can plot those results on a chart. The intersection of both values (3.0 and 4.0) creates a representational threat zone. The larger the threat zone, the more vulnerable you are.

MITIGATING VULNERABILITY

A key way for reducing your vulnerability is to pay attention to what's happening around you. A retired Special Forces Warrant Officer friend said, “More lives are saved by practicing situational awareness than by using a firearm”. You need to learn how to practice informed situational awareness. The “Marine Corps Combat Hunter Program” described in the book *Left of Bang* distills such lessons from masters into simple concepts. We teach *Left of Bang* concepts in our Spartan courses. Two of those concepts are:

First, Van Horne and Riley (authors of the book) provide a mental shortcut for as-

You may consider purchasing a firearm, but get trained on how to effectively carry it and use it.





Some signs of forced entry may be less evident than shown here.

sessing potential threats: baseline + anomaly = decision. The baseline is what's normal for any given situation. The anomaly is something that has been added or removed from a situation. The decision is what action you take in response to the anomaly.

Second, Van Horne and Riley believe people who are intending to harm others display observable behaviors. The key behaviors come in three sets: dominant versus submissive, comfortable versus uncomfortable, and interested versus uninterested. You need to assess these behaviors in relation to the baseline.

According to Van Horne and Riley, the most important factor in the mental shortcut is the baseline. Once you know what is normal for any given situation you will be able to spot those people or events that stand out as abnormal. Once you know what is abnormal then you can pay attention to that and decide what to do about it. Exercise #2 helps you identify baselines in your daily routine.

EXERCISE #2: BASELINES

Make a list of the activities you do throughout a typical day; for example, leaving the house in the morning, arriving at

work, going to your favorite restaurant, and so on. For each activity, write down what would be "normal" for each activity. A real estate agent in one of our wear and carry courses gave us an example. She said her company checks on empty houses for which they are responsible. I asked, "What's normal." She replied, "When I walk around the back of the house the door is locked with a lock-box attached with a key inside. I open the lock box, get the key, unlock the door, and go in." I then asked, "What would not be normal?" She said, "Strange you should ask. This just happened to me the other day. I walked around back and the door was slightly ajar." I asked, "What did you do?" Her reply, "Oh, I went in to check on the place." Everyone in the class gasped.

Once you find "not normal" pay attention to those factors and decide what to do in case the "not normal" becomes dangerous.

MANAGING RESPONSES

The literature on threat response is clear that when facing a dangerous threat your body's sympathetic nervous system is normally activated. When activated, our brain dumps a cocktail of chemicals into our blood stream that coincides with four typi-

cal responses: flight, fight, surrender, and freeze. If you train regularly to develop and refine self-defense skills (especially in the martial arts or with a firearm), you should be able to adopt this mind-set offered by Lt. Colonel Jeff Cooper: When facing a threat think: "I knew this could happen one day and I know what to do about it."

CONCLUSION

Executive protection is not just for the rich and famous. Individuals and families can also benefit from applying executive protection principles and tactics. Of course, full-fledged executive protection is a complex and multi-faceted endeavor. Yet, there are several EP skill-sets that can be learned and applied by individuals and families. ✓

BIO

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MARINE RAIDER FOUNDATION

OUR MISSION

The Marine Raider Foundation is a 501(c)(3) non-profit organization that provides support to active duty and medically retired Marine Corps Forces Special Operations Command (MARSOC) Raiders and their families, as well as to the families of Raiders who have lost their lives in service to our Nation. The Foundation aims to meet needs unmet by the government with an emphasis on building personal and family resiliency and supporting the full reintegration of MARSOC personnel following wounds, injuries, and extended deployments.



RAIDER SUPPORT

Tremendous demands are placed on Raiders and their families, and the sacrifices made are just as great. As active duty and retired Raiders transition out of the military and approach their next mission in life, the Marine Raider Foundation provides them with the tools and assistance needed to ensure they succeed including Transition Assistance Grants for Raiders re-entering the civilian sector following their service, access to mentors & support of career transition programs.



TRAGEDY ASSISTANCE & SURVIVOR SUPPORT

If a Raider is wounded, ill or injured during combat or training exercises, the Marine Raider Foundation provides financial and logistical support so the focus can remain centered on family, health, and healing. We also provide funding to support advanced rehabilitation programs, innovative equipment & operational health performance programs not funded by the government. When a Raider makes the ultimate sacrifice in defense of our Nation, we will offer support to his family by providing financial assistance for funeral travel and commemorative events, respite childcare, and events that keep MARSOC Gold Star families connected to one another and their extended MARSOC Raider family.



FAMILY RESILIENCY

Raider families are the backbone of this unique community. Raider family members who are facing difficult and challenging experiences will receive support through programs that bolster health, welfare, and resiliency. The Marine Raider Foundation helps Raider families with out-of-pocket expenses related to family medical emergencies, including those of special needs family members.



RAIDER LEGACY & PRESERVATION

Today's Raiders carry on their name and legacy, as they are continually deployed throughout remote areas of the world, answering our Nations' call, and keeping America forward. The Marine Raider Foundation is proud to honor these heroes through memorial structure construction and maintenance and WWII Legacy events and memorials.

TO LEARN MORE VISIT WWW.MARINERAIDERFOUNDATION.ORG



TEXAS' GOLD-BACKED CRYPTO CURRENCY PLAN

BY KEVIN FREEMAN

He who controls the money generally controls the people. Recently, the United States government and most Western nations have been waging an economic war on Russia, cutting them off from the dollar in response to the Russian invasion of the Ukraine. This is the new crisis. Some governments appear to have weaponized the pandemic and targeted those who refused to comply. Now, we're all in this together to stop Russian aggression against the Ukraine. But before you know it, the very economic

warfare weapons targeting Russia could be aimed at you.

According to the Constitution, Article one, "No state shall coin money, emit bills of credit, make anything but gold and silver coins a tender in payment of debts." Nothing but gold and silver coins is legal tender. How did we get from that to paper money? Article eight. A state can only make gold and silver coin legal tender. The federal government can borrow money on the credit of the United States: "To coin money, regulate the

value thereof, and of foreign coin, and fix the standard of weights and measures."

Inflation is the worst I have felt in 40 years, and with \$30 trillion in federal debt and unbridled government spending, it may get worse before it gets better. Problem number two is, the federal government has practiced how to weaponize money. What's worse is, I'm the guy who taught them. I wrote *Economic Warfare Risks and Responses* for the Pentagon back in 2008/2009.

We have laid sanctions on adversaries, but

they look for alternatives. Russia and China have been building parallel systems. They want to displace the dollar, and make it worthless around the world. Can they do it? I'm not sure, but they are likely to try.

We are seeing foreign economic warfare and it is a battle royale. Now, problem number three is: governments have also learned how to use economic warfare to control people. For example, banks can close customer accounts if they are doing something the government doesn't like. This has been done to gun sellers and medical marijuana shops. They called it Operation Choke Point. There are limits on how much money you can deposit or take out in a day. And Trudeau in Canada basically said they will cut off anybody who goes against his government.

That is a part of their emergency powers. They said they could freeze bank accounts. We all know what happened with COVID. They shut down social media accounts and so forth. The good news is the founders of our Constitutional Republic have given us a solution that will work if we do a tech upgrade on it before it's too late.

The founders, in the Constitution, offered two types of money: federal money, which was created by Congress; but they also al-

lowed for state money as long as it was gold and silver coin. The states don't issue that, but it is in the Constitution. Ultimately, the federal government created the Federal Reserve, and we've had all sorts of innovation to money since then. State currency was limited to gold and silver coins because of the differing values of paper money from one state to another. Can you imagine if there were 50 different sets of money; one for every state? The founders wanted to avoid that sort of mess.

Money and the Constitution says: "Although the Constitution does not state that the federal government has the power to print paper currency, the Supreme Court in *McCulloch versus Maryland* 1819, ruled unanimously that the Second Bank of the United States and the banknotes it issued on behalf of the federal government were Constitutional. So, where does that leave the state money idea? Well, reading further, same source. If the federal government only is permitted to issue money, coin, or paper, then how could state banks issue money? State banks did not coin money, nor did they print any official national currency. However, state banks could print bills of credit in exchange for specie deposits, specie meaning metal. These

notes would bear the issue's bank name and entitle the bearer to the notes face value in gold or silver upon presentation to the bank. State banknotes were a form of representative money. They were not gold or silver, but they represented it. The notes were more convenient for conducting larger transactions than their specie counterparts. And more importantly for the extension of credit, they could be produced easily, whereas gold and silver stock in the nation was relatively small and for the most part declining. The Supreme Court ruled in 1837 in *Briscoe versus Bank of Kentucky*, that state banks and the notes they issued were also Constitutional.

Now, that may seem arcane but is very relevant to solving the biggest economic warfare risks we face today. Can this tiny phrase in the US Constitution solve modern economic warfare? Well, let's look at the three problems we mentioned so far. One, problem number one is inflation. Two, problem number two, foreign economic warfare, where China and Russia want to destroy the dollar, destroy our economy, and we have \$30 trillion of debt that's helping them do it. And problem number three, the domestic economic warfare, where a government could try to de-bank any citizen that that government does not





like citing “emergency powers”.

Let us put two good ideas together and see if we can make something truly great. We know, number one, that states can make gold and silver coin to be legal tender in their state. That is clear from Article one, Section 10. Now, that’s not very convenient. It’s got some problems. It’s a good store of value, but it’s not a good unit of account. You can’t shave off a few flakes to pay for your coffee. It’s not a good means of exchange. It’s not precise as a standard of deferred payment. It’s really hard to get down because – there is a 10th-ounce gold coin right there. It really is a problem. But you know what’s good for those dilemmas? Cryptocurrency.

A state could make Bitcoin legal tender, but that has two huge problems. First, Bitcoin is not a stable store of value. Prices have been all over the place, down to a penny to as high as \$60,000 a coin and then back down to \$40,000. It bounces around too much to be a stable store of value. But even worse, it’s not allowed under the Constitution as legal tender. You can’t make it. That means every transaction you take with Bitcoin is taxed. It’s taxable. But what if the state combined the convenience of Bitcoin with the Constitutional provision of gold and silver coins? That would be revolutionary.

Now, remember, under the Supreme Court’s 1837 ruling in *Briscoe versus the Bank of Kentucky*, states can issue represen-

tative money as long as it’s fully backed by gold and silver coins. Thus, a gold-backed, state-issued cryptocurrency should be totally legal. People could use gold and silver-backed cryptocurrency as money without the state, but it would be taxable if the gold changed value relative to paper money.

Gold increases in value relative to paper. In 1970, the price of gold in America was artificially held at \$35 an ounce. Recently, it’s been around \$2,000 an ounce. Has its value really risen that much? Well, maybe it’s just that the value of our paper dollar has gone down that much.

Investopedia says, “Physical holdings in precious metals such as gold, silver, platinum, palladium, and titanium are considered by the IRS to be capital assets, specifically classified as collectibles. Holding in metals regardless of their forms such as bullion coins, bullion bars, rare coinage or ingots are subject to capital gains tax”. That would apply to gold-backed crypto as well. But if these gold and silver crypto coins were used as a state-based legal tender you don’t pay capital gains if your paper money goes up or down in value. It doesn’t have a taxable implication. If gas prices ever go down again, you can buy more with your paper money, and you don’t get a capital loss when gas prices go up. That’s because paper money is legal tender. The good news, a state-issued cryptocurrency would also be legal tender under the Constitution

as long as it is 100% backed by gold and silver. That solves problem number one and potentially gives you an escape hatch in the case of problem number two. If they crater the dollar, you could have a gold backed currency that you could move into 100% supported by the state, protected from foreign attack. Now, as for problem number three, if we built a state-based gold and silver backed cryptocurrency, we could build in protections for people, much like a Bill of Rights. Under the Constitution, you should not be deprived of property without due process.

The federal government once confiscated all public holdings of gold under FDR, but I’m not sure that they’d have the power if the gold were held as legal tender by a sovereign state. This is what is so crucial. If we understand that Texas, for example, could produce a gold coin and they could issue it in the form of a digital currency, and you could use it with a debit card, think about how that could solve all three problems that we’ve encountered with economic warfare: inflation, foreign attacks on our currency, and the risk of our foreign government trying to control our money to control us.

The foreign form of this economic warfare is an attempt to destroy the value of the American dollar. Russia and China know how indebted we are, and they want to make the dollar just another worthless currency. It is backed only by the full faith and credit of

the United States, and they are working hard to undermine that. Inflation is helping make their case.

What would you do if the dollar suddenly lost half its value? Your money would be worth less and could eventually become worthless. But if we had a state-based, gold-backed cryptocurrency, you'd have a safe haven. Wouldn't it be great to be able to own gold and silver without having to pay capital gains tax on it? This could be a means of escape for your money. Here's how it could work. A state, any state – Texas, Florida, Oklahoma, New Jersey – they could let you deposit with them money that they could either buy gold and silver with, or you could just take gold and silver to them, and they keep it on deposit and issue coins. And not physical coins, but crypto coins that would represent the gold and silver that they held on your behalf. And they'd be digital, backed up with complete records. You could spend the money just as you would with a debit card. All of it electronic, but it would likely keep its value even during periods of inflation or currency tax just like gold and silver have done for thousands of years. If you want to buy a burger, you'd just take your card, you'd swipe the card and money would come out of your account and give it to the restaurant. They could keep it in gold and silver if they wanted, or they could cash it out and get paper money if they wanted. It would be their choice.

The process was started a decade ago by my state representative in Texas, Giovanni Capriglione. In 2012, he was running for the statehouse, knocked on my door and I said, "Here's an idea." And guess what? He already had the idea and he wanted to pursue it. In 2015, he finally got the Texas Bullion Depository passed and you can now deposit your gold and silver with the state of Texas. This is the first step in building what we call a Digital Texan. Fairly soon, Texas residents may be able to transact business using a brand new, state-based gold and silver-backed cryptocurrency. Let's call it the Digital Texan. It will be as convenient as a debit card, and it should be protected from inflation and taxation. But what if you don't live in Texas? Maybe you should move here. We've had a lot of people moving in. We love good, conservative Americans that believe in our future. But if you can't move to our great state, you should be able to follow our lead. We've had opening conversations with Alaska, Oklahoma, and Florida. Any American state could create their own digital coin, and we could make

those digital coins interchangeable. So, Texas would let you use your Oklahoma coin here and vice versa, like we do with toll tags when you drive on roads, and they just take it out of your account when you pay in a different state.

Listen, there is an old Wall Street saying that money goes where it is treated best. To me, that means that as long as competition is allowed, people will use whatever works best. And in the case of state-based digital currencies, I believe they'll all have to stay competitive, which means you will benefit. In Texas, I am pushing for a digital currency bill of rights that would protect you from an intrusive government. The state should promise to not take away your money without due process and a court order. In addition, it should be none of the state's business to control your spending, not cutting you off if you want to buy a large soda instead of a small one. That sounds crazy. But remember, New York Mayor Bloomberg tried that once. He tried to make it illegal to buy a big soda. That is the kind of nanny-state control governments may want over you and they could use your money to do it.

There is no trying to control where and how you would spend your money if we have this Bill of Rights. That is important because the Federal Reserve wants to issue a digital dollar and they have already mentioned how much they would control it and how much control that would give over your life. And on March 9th, President Biden issued an executive order to make this happen.

According to a *Wired* magazine article "How a New Digital Dollar Could Shake the US Financial System" the Biden administration is looking into government-issued digital currency. The implications would be profound. His executive order says, "My administration places the highest urgency on research and development efforts into the potential design and deployment options of a United States CBDC (central bank digital currency). It also said, "These efforts should include assessments of possible benefits and risk for consumers, investors and businesses, financial stability and systemic risk, the payment systems, national security, the ability to exercise human rights, financial inclusion, and equity – the actions required to launch a United States CBDC if doing so is deemed to be in the national interest".

According to *Wired* magazine: "Digital currency issued by a central bank can be used as a tool for government surveillance of citizens and control over their financial transactions.

This has been a concern with China's digital currency, which is in the early stages of roll-out. Akram Karim, an expert on China at the National Endowment for Democracy wrote: "The digital yuan, the CCP, will have direct control over, and access to the financial lives of individuals without the need to strongarm intermediary financial entities."

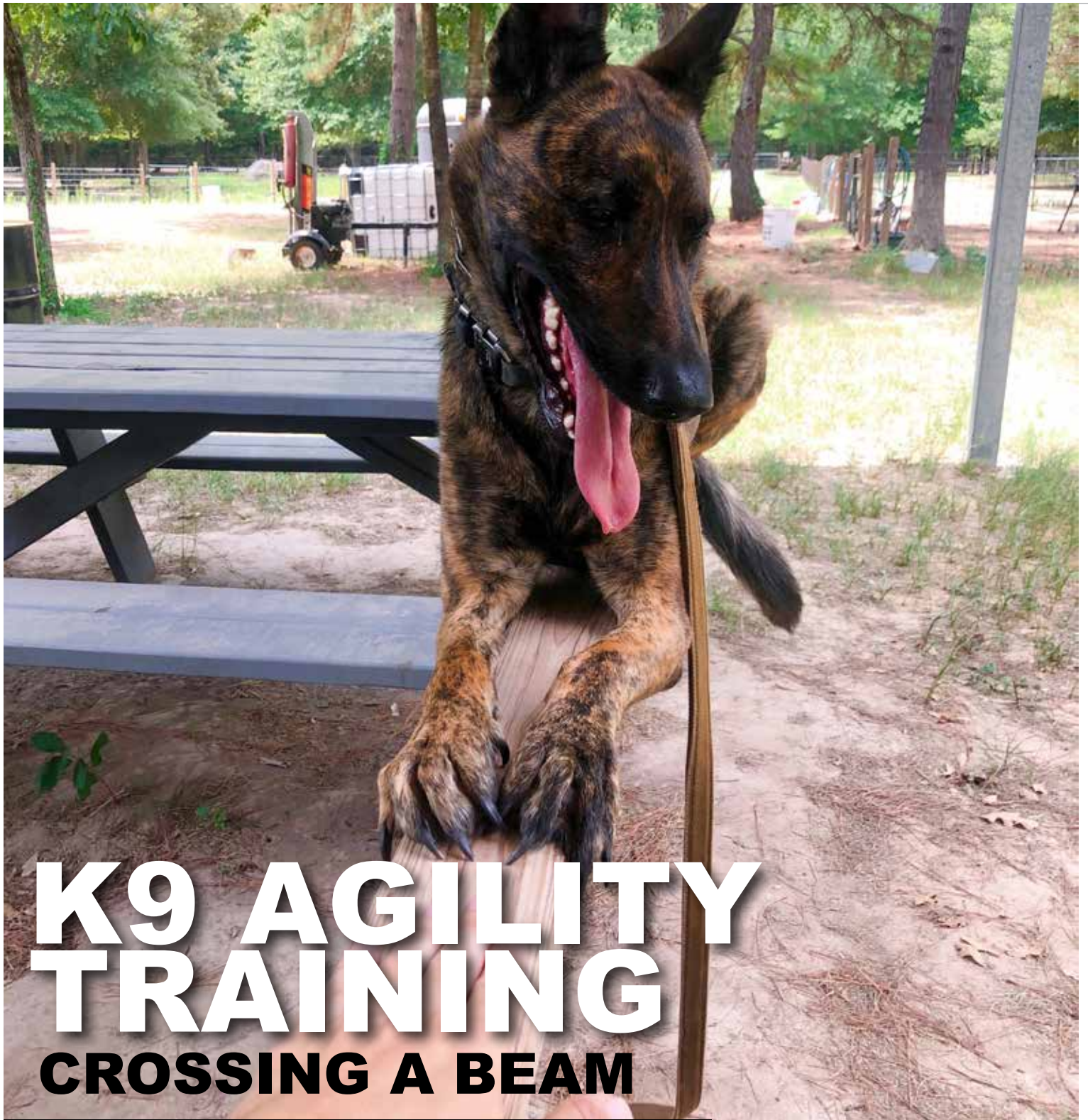
In the digital yuan consumer society, the government could suspend the digital wallets of dissidents and human rights activists, for example. The biggest difference between a digital dollar and a digital yuan and our proposed digital Texan is that the Texan, backed by gold and silver, would also guarantee privacy protections. That would make it more attractive, and the digital dollar would have to shape up or get left behind. That is why this is so urgent. We have to get the digital Texan on the playing field right now.

The good news is that the process has begun. We are working with legislators now to get the bill going and we need your help to promote it. Make your voice heard. Go to (economicwarroom.com/money) to learn about signing a petition to get this launched. If you need help with this, find a good financial advisor. And we can help you with that as well. We are training financial advisors online in an eight-week intensive course to get them up to speed. To learn more, nominate your financial advisor. You can do that by going to (economicwarroom.com/advisor). We are building a group of incredible people who want to help their clients protect their money in cases of foreign attack or inflation or look for good investments to take advantage of some of the trends that are happening.

This economic climate is unlike anything I have ever seen. I have been in the investment game for 40 years. Everybody needs help. That is why we are banding together the National Security Investment Consultant Institute, NSIC, and we are going to help our clients, together, weather these economic difficulties, find solutions, and save America, protecting your money. ✓

BIO

*Kevin D. Freeman, CFA (www.EconomicWarRoom.com) is the host of Economic War Room on Blaze TV and heads the National Security Investment Consultant Institute (www.NSIC.org). He is the best-selling author of *Secret Weapon: How Economic Terrorism Brought Down the US Stock Market and Game Plan: How to Protect Yourself from the Coming Cyber-Economic Attack.**



K9 AGILITY TRAINING CROSSING A BEAM

BY PAT WATSON | PHOTOS COURTESY OF [FORTRESSK9.COM](https://fortressk9.com)

The Goal with “Beam Crossing” is to have a dog that will cross some type of bridge or beam, even if narrow or shaky, on command and under obedience. Many of my clients have been life-long dog owners and all have pretty obedient dog, but they come to me, and to FortressK9, to be better.

A common occurrence for me is for a client to come to me with an “obedient dog” and I

will tell the client to give only *one* command for their dog to cross a beam. No begging, no pleading with the dog. I tell my new clients to just tell the dog “cross” (or whatever command they want to use). Usually a dog owner that is starting out their journey towards real obedience will have a dog that just does not want to walk across a big scary beam. This is not a value statement on the person or the

dog. It simply identifies a gap in training. At FortressK9, I create strong handler and dog pairs that can overcome gaps.

This is not so much about the beam unless you have an active working dog or service dog. It has nothing to do with party tricks. More than likely a standard dog owner will never “need” their dog to walk across a long raised beam. Our beam crossing is a tool that



Start simple and add difficulty only after mastering the skill at hand.



we use to build up competence and confidence in our dogs and we make sure that we are implementing our very specific training pillars so that we can turn our clients into their own troubleshoot-capable trainers themselves.

How do we teach handlers and their dogs this beam crossing skill? First is the concept of “chunking”. If your dog is a new puppy or has never crossed a beam and is averse or scared to complete a beam crossing, then we start with something very low stress. We place a flat 2x8 on the ground. Walk with your dog, on their lead, and make several long loops over the beam, and get your dog used to walking with all four paws on the beam, on the ground. Tell them “good cross” if, and only if, they are walking “across the beam” on the ground.

The next chunk is to raise the beam about one foot off of the ground and repeat. This is probably where dogs start to get confused. Be patient, don’t get emotional, and don’t deliver a physical correction to your dog if they are confused or don’t understand. This is a “teaching phase”. Even if you are training a super-Alpha dog, you can still “teach” your dog and be patient while they are learning a new skill. It is okay at this stage to use your hands to physically pick up and put down, to “place” your dog’s paws individually, one by one, all in the correct positions on the slightly raised beam.

Another tip at this stage is to see if you can get your dog to stay in one spot on the beam with your stay/wait command. Whenever your dog starts to show some crossing competence and they are putting one foot in front of the other, it is very common to see a dog get to about 75% of the way across the beam and then you’ll see the dog sprint or leap to the “safe” larger raised platform. In the beginning this is okay and you should give lots of love and praise to the dog for “completing the task”. After a few repetition your “stay” command will be a huge confidence booster for your dog and the trick is applying the skill of timing your “stay” command right before your dog starts to sprint or leap at the 75% spot on the beam.

Also, see if your dog will sit while on the slightly raised beam. Once your dog is able to simply go “across” a beam give them the stay/wait command about halfway through, then you can give them a helping hand and work with them to lift up on their collar and push down on their hind quarters to get them into a sit. Remember to praise them with “good



It is not ideal to communicate with your dog from behind.

sit!” but only actively while they are sitting.

Even at this seemingly beginner phase, there is a high likelihood that you will visibly see your dog starting to act a little differently. With many positive repetitions, once you are

ing a beam towards their human, rather than the human standing stationary at the beginning of the beam and having the dog *away* from the handler to cross the beam without the handler in sight.



Delivering clear commands from in front often produces the best results.

completely sure that you and your dog both know exactly what the “cross” command means, you can start adding more variables.

Other common tips I often give my dog handlers include the fact that dogs, especially puppies, are much more comfortable cross-

Many handlers have very stubborn dogs that try to weasel their way out of even beginning to cross *at all*. In these cases, as long as the handler is stronger than the dog, use your lead as an actual “tool” and not just a tether, and don’t allow the dog to make any

backwards or sideways motion when they are standing at the beginning portion of the beam. With these stubborn dogs we don’t allow ourselves to get mad or emotional. We simply hold the lead tightly and in the direction down the beam, and we will “bump” or give a sharp pull towards the beam length. This is a little tricky. In our training, we will praise the dog for literally any forward motion down the beam, even if it’s only one paw, even if it’s only one inch, and even if the *handler* has used the lead to bump the dog forward, we will still praise the dog for making their way down the beam.

At FortressK9, our 8-week-old puppies from our breeding program are well on their way with the common commands (sit, lay, stay, walk with me, etc.) and they also go through this very same high-stress beam crossing drill at their young age and will cross beams within their first or even second training evolution with us, as puppies.

When clients struggle with this task, this is often because a lot of things are taken for granted or misunderstood in the dog world. There’s nothing wrong with having a lap dog, but you should be consciously aware that you have a “lap dog”. There’s nothing wrong with having a “farm dog” but you should be aware of the value of the asset or liability in your dog. If your dog will not follow commands (especially in public or during high-stress or in a working environment) then you have a liability. If you have a dog that has proven over and over that they will do what they are commanded to do, then you can use that as a very positive asset in your life. Most people ignore the disobedience in their dogs, and I think that we all probably know this to be true because we see it with almost every average dog owner, “Sit Roofus. I said SIT ROOFUS! Come on. Do you want to SIT?”. If your dog isn’t obedient on the first command, and if they aren’t obedient while there are distractions present, then they are not “obedient” by simple definition.

Having your dog crossing beams that are narrow or on an incline or shaky, is a skill that your dog can learn. Being able to generally get your dog to accomplish tasks that they are averse to is based on the skill of the human. Yes, we teach our dogs and our human clients how to get their dogs to cross a beam, but it only works if you put in the mental effort to start to understand the philosophy of why we teach and operate the way that we do. Whether it’s SWAT team tactics, or martial arts, or body building, or dog training, in my humble opinion the philosophies and the



principles of training are always more important than knowing “a technique”.

What if your dog will not jump up onto a small, raised platform... can you use the same beam crossing “techniques” to get your dog onto that platform, placing their paws in the right position, having them move towards you and not away? Maybe but, prob-

ably not. But if you understand the underlying principles of how a good dog/handler pair can operate and learn and chunk information and hold each other accountable, then the technique can vary quite a bit and you can still be successful.

There are lots of dog skills for lots of different folks. There are sport dogs, service

dogs, search and rescue dogs, therapy dogs, guide dogs, detection dogs, farm dogs, couch dogs and more. There are also lots of training methods that trainers will use. I am not against any types of dog training that you choose – as long as it actually works for you and fits the outcome that you are looking for.

At FortressK9 we achieve these beam crossings, and we also achieve world class protection capabilities in our dogs, along with creating dogs that are safe and stable around other dogs and strangers and children at home and in public. We do this without bribery with treats or toys or clickers. We simply have a strong principled foundation for our training and handling program and we have a deep mutual respect with our dogs and we hold ourselves and our dogs accountable with strong boundaries and with a lot of hard work. ✓

BIO

Pat Watson can be found at (FortressK9.com) and (UncensoredTactical.com). He served for over a decade in international counter-narcotic operations, military anti-piracy operations, local law enforcement patrol operations, and as a private security contractor.

GEAR REVIEW

TROTLINE RIG

Fishing can be one of the most productive food acquisition methods in an austere environment, and passively fishing while carrying out other tasks is often the most efficient approach. The Eagle Claw Trotline Rig features a white 100 foot trotline with 25 3/0 bronze 049Z hooks to give you the opportunity to catch more than one fish in saltwater or fresh on each outing.

www.eagleclaw.com



BRAINWASHING

STORIES OF AMERICAN AND BRITISH SOLDIERS AND CAPTIVES WHO DEFIED IT

WRITTEN BY **EDWARD HUNTER**
SUMMARY BY **JOHN STEVENSON**

“**B**rainwashing” was encountered by American soldiers and their allies in POW camps during the Korean War, however, North Korean techniques originated in the Soviet Union. These adversaries wanted a way to bring people into voluntary submission to an unthinking discipline so that slave-like obedience could be achieved.

They realized the value of the research done by Ivan Pavlov, the famous Russian physiologist and the Soviet secret police began by using certain words as signals. According to Edward Hunter: “any words would do – imperialism, learning, running dog of the imperialists, people, friend of the people, big brother, without any relationship to their actual meaning. The Kremlin’s plan was to make these reflexes instinctive, like the reactions of the animals from Dr. Pavlov’s experiments.” In a movie that these communists produced in 1928 based on their work, they asserted that, “A conditioned reflex can be worked out to every stimulus.” Or as Hunter explains, “What it meant to the indoctrinated was plain enough. Any human activity, from the flow of saliva to an embrace or a murder could be clinically predetermined in politico-medical laboratories by connecting it with a shouted or written slogan, a hand signal, a smear word, or the color of a man’s skin. Anything could be made into a trigger, or what the Pavlovian doctors called a stimulus.”

Hunter interviewed as many former POWs as he could. He found that the main details were the same and they only varied as far as the intensity of the different pressures that were used. “Brainwashing was revealed as a political strategy for expansion and control made up of two processes. One is the conditioning, or softening-up process primarily for control purposes. The other is an indoctrination or persuasion process for

conversion purposes. Both can be conducted simultaneously, or either of them can precede the other” wrote Hunter.

If they can get the individual to do what they want, it is usually sufficient. Achieving this submission is the most immediate objective of the process. A person doesn’t have to



be a true believer so long as he is convinced that he has no alternative to following instructions. Hunter documented: “Hope – the prospect of having any alternative in life, no matter how slim – must be wiped out of his mind before communism can feel safe with him.”

“Brainwashing is a very intricate manipulation, more like a treatment than a formula. Each of the two processes that make it up are themselves composed of a number of differ-

ent elements. They are found in every case of brainwashing although the proportions differ according to the patient’s resistance and the purpose for which the Reds are treating him, and range from a very mild and disarmingly subtle application to crude force polished over with Marxist lingo.” These elements include, hunger, fatigue, tenseness, threats, violence, and in the more extreme cases, drugs and hypnotism.

Keeping an individual or group in a state of constant tension, depriving them of proper rest and food makes a person more open to suggestion, more apt to carry out demands of specified behavior, and less likely to resist demands from someone in authority. The individual cannot be allowed uncontrolled leisure time because they would surely become dissatisfied with his exploited condition and think up ways to better his situation. Therefore, long “study” and “discussion” sessions are used to keep the mind occupied and create fatigue.

Leaving a person alone was a common softening up tactic. They would leave a man in solitary confinement for a year or two without giving a clue as to why he’s being held. Hunter wrote, “Without a word being said, long before his first formal interrogation, each man desperately probes his mind and soul for personal guilt. Soon he stops figuring about whether he will confess, but concentrated on what to confess that will satisfy the authorities and be the guilt they seek so he can escape from bondage.”

The authoritarians want a confession but they want the person to be their own prosecutor and to convict himself. They take the individual through a process of self-criticism. Asking a person to write down things that they’ve done wrong so that they can use one’s own words against him. They go through the process many times building a sense of

uncertainty, frustration, hopelessness and inevitably in order to evoke a sense of betrayal and abandonment making them feel isolated. This isolation is used to lure the subject into accepting a safe haven of whatever alternative belief system or action the brainwasher wishes.

According to Hunter, the importance of the confession cannot be overstated. It matters not a bit as to truth of it, only that a confession is made. Each time it becomes easier to confess because in fact it is a submission of one's self to the authoritarians. Each apology, each confession, each acquiescence to the "experts" is a submission and it erodes a person's will to resist and think for themselves.

Constant repetition of the indoctrination materials, in this case communist dogma, led many to crack and end up accepting it as truth while in the camps. As explained by a former POW who had seen and experienced the technique used, "When a man repeats something often enough, thinking up new ways in which to express it, although he may begin by disbelieving every word of it, he is likely to end up by swallowing a lot of it."

The use of psychiatric insights and pseudo religion with a healthy dose of moral relativism create confusion in the subject allowing the brainwashers to convince them that there is no real, objective truth and bringing into question things that have been recognized as facts. At this point the individual is open to suggestion and in their state of tension and brain fog they will more readily accept new "facts" without question.

Hunter asserts that communist dialectics that state that everything in nature, including truth, is in flux were repeated. The only exception was communist doctrine. It remained stable and unchanging, the bedrock on which everything else must be founded. Good is only what advances communism and bad is what hinders it. Truth is only what supports communism and all else is lies. Individuals were told that, "what weighs heaviest on a man is his guilt as a member of a collectivity. He is guilty for the sins of his forebears and for all the wrongs committed by his kind."

The communists figured out that the easiest method by which to subdue a group of people was to "give its members a guilt complex and then to lead them on from self-denunciation to self-betrayal. All that was required to put this across was a sufficiently heartless exploitation of the essential goodness in people, so that they would seek self-sacrifice to compensate for their feelings of guilt" according to Hunter.

Brainwashers also rely on strict censorship. According to Hunter, "The Reds determined, through their controlled environment, just what facts – and what lies – would be given to the POWs." With few facts to go on, the arguments of the authoritarians eventually seemed logical.

In a mass-population setting, these techniques "are applied with particular intensity to the very young and to the teenagers. If this manipulation of minds is able to continue unhampered, within a comparatively few years a "new youth" will be produced with blind spots in their minds, making them oblivious to anything not acceptable to the Pavlovian symbolism. This will create a nation of hysterically inflamed people obsessed with the idea that they have to destroy us before we destroy them."

Hunter found many examples of successful resistance and there were consistent themes:

FAITH

Many of the most successful efforts to overcome the brainwasher's program began with having a strong foundation of faith in God and prayer. These men knew not only what they believed, but why they believed it so when the day of testing came they had a solid, unshakable foundation on which to build. Knowing that everything has a purpose and that you are not alone allows one to overcome solitude, uncertainty, hopelessness and the inevitable lines of attack.

CLARITY

"A clear mind cannot be brainwashed... one of the most important lessons to come out of brainwashing was the simple, Aristotelian principle that A is always A, and that when it is B, it is no longer A. Once the communists could convince a man that A is also B, if only for a second, they had succeeded in driving a wedge into his clear thinking which inevitably split it right down the center." When under mind attack the subject cannot loosen their grasp on what they know to be true even for an instant.

CLOSED MIND

Having a closed mind on things that are evil was successfully used by many POWs who had closed their mind to communism because they knew it was evil. "They based their attitude on two simple premises. They knew that the Reds were telling them lies, and they knew too, that when the Reds did tell them something truthful, it was for the purpose of harming them." By refusing to

take anything that the communists were telling them seriously these men were able to defeat the fatigue tactic.

HUMOR

If a man was able to see how grossly ridiculous a situation was and get a laugh instead of a tear out of it he was much more able to resist, taking much of the sting out of it.

PURPOSE

Merely accepting suffering is not enough to sustain a person's will and resolve. "You have to learn how to use suffering." Finding motivation and determination in the suffering produced endurance.

CONFIDENCE

Confidence can stave off defeatism. "The man who doesn't know when he's licked frequently turns defeat into a glorious victory... The more hopeless a situation appears, the more resounding the eventual victory."

GROUP

Belonging to a group breaks the trap of isolation and gives a feeling of shared burden.

INDIVIDUALITY

Maintaining your individuality and not deviating from your core is essential for preserving your integrity while combating the collectivist mindset through the realization that each individual has value, is unique, and is responsible for their actions.

Hunter asserted that the foremost purpose of brainwashing was "not its employment against foreign enemies but against the populations of communist countries themselves... In no other field is the offensive so much the best defense as in the ideological. Decent humanity has not the right to permit people to be caught in a controlled environment and to be made into Guinea pigs for ultimate dehumanization under a perverted Pavlovian technique."

Edward Hunter has provided a Rosetta Stone which we can use to interpret propaganda campaigns and defend our minds. This book may be one of the most important books that you will ever read. ✓

BIO

John Stevenson is a former police officer, US Border Patrol agent and Federal Air Marshal.

POST-DISASTER WATER PROCUREMENT



BY **CHRISTOPHER NYERGES** | PHOTOS COURTESY OF **SCHOOLOFSELF-RELIANCE.COM**

Water is the most essential element for life. If there was no water flowing when you turn on your spigot what would you do? Let's explore where you might find the water you need to survive and thrive.

Long before any disaster, you should have studied a topographical map of wherever you live and examined it for water features. On the map of your area, study it for all the places where water might be captured or held. Reservoirs are everywhere, and these are potential sources of water, obviously. But everyone else in town might be headed for reservoirs in

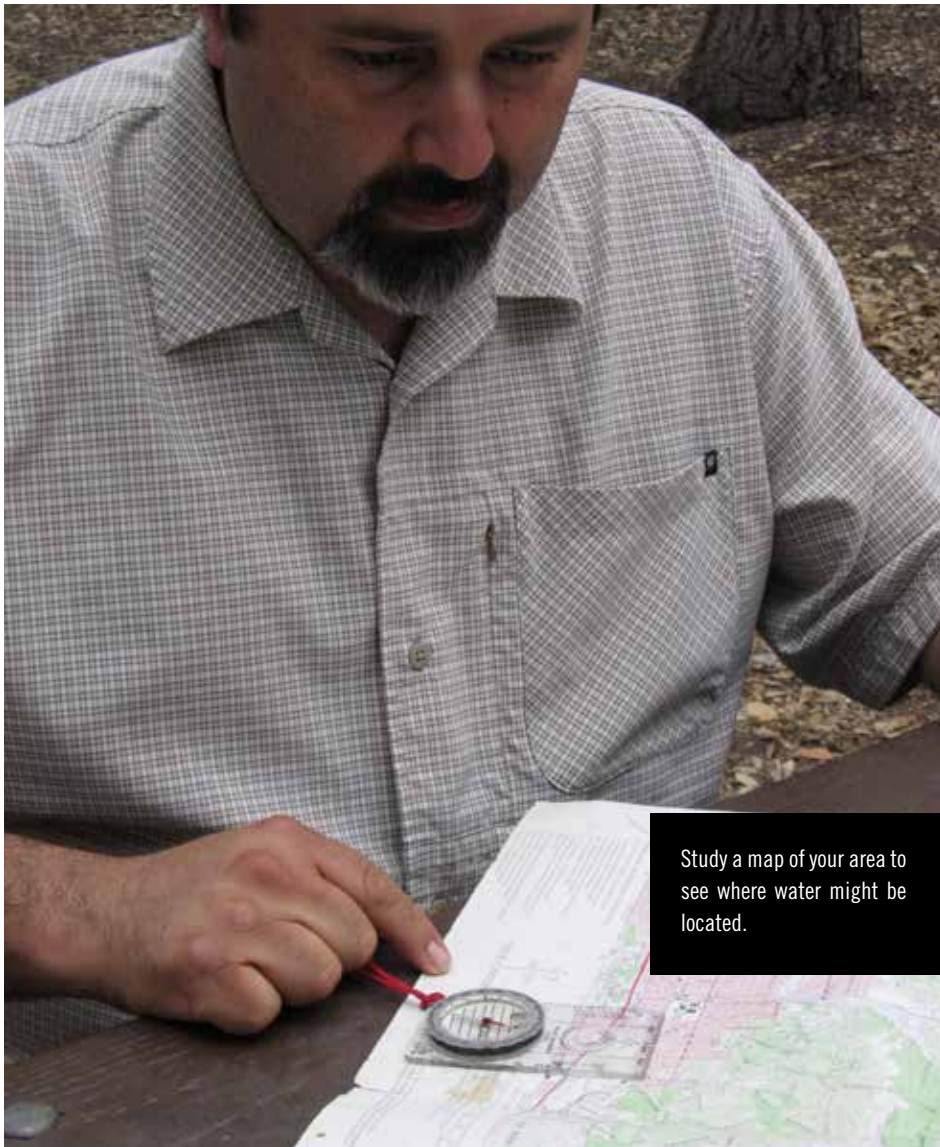
an emergency too, so only expose yourself if absolutely necessary, and go to the reservoir with friends if you have to go there. Water flows to low ground and in dry environments the greenest or healthiest vegetation often indicates the presence of water.

Closer to home, there are likely swimming pools in your area. These will hold water for some time after a disaster, and the water can be used. Drinking swimming pool water isn't great for long-term situations, but, for the short term, boil the water, and then use it for washing, and for consumption. The closer to your home or base of operations the better.

Water weighs about 8 pounds a gallon, and that adds up fast.

Ornamental fountains are another emergency source of water - at least initially. They may be depleted or evaporated relatively quickly, but these can be found in residential areas, public gardens, and even commercial areas. The more you know about your area the better.

Nearly every home has a water heater, and these contain from 30 to 40 gallons of usable water. Other home sources of water include toilet tanks, ice cubes, and obviously any stored water.



Study a map of your area to see where water might be located.

RAIN

If it's raining and you need water, be sure to put out your rain buckets. In the urban setting, your roof is your "collector," and all the rain that hits that roof drips down to the gutters, and down to the downspouts. It's easy to capture 30 gallons of rain in a downpour with this technique if you make the effort.

The first water from the storm will usually be dirty-looking, full of all manner of debris washing off your roof, leaves, and bird feces. So if you did not keep your roof clean, you may want to let the first half-hour of rain clean your roof and then start collecting for consumption.

How do you process rainwater? Let it settle, and then carefully scoop it out of your bucket, cup by cup, and pour it through a fine cotton cloth. We typically put a funnel on top of our storage bottles, and lay a cotton cloth into that. The cotton helps to filter debris in the water, and then you should boil

it before use.

If your rainwater looks like dark tea, you may not want to drink it unless you really have nothing else, but you might consider



A solar still, dug in a dry river bed, might provide some of your water. Learn how to construct one of these before an emergency.

using it for some of your other water needs.

RIVERS

Rivers and streams flow through many towns and even big cities, but as the water gets into the heart of the city, it is usually underground or flowing through a hidden pipe. If you study a topographical map of your area, you can learn where the waterways run. An older map of your city might even show you where the rivers once existed above ground, and this is often a clue to finding water today.

WILDERNESS

In the rural and wilderness area, you can find springs, streams (seasonal and permanent), rivers, lakes, ice, snow, and of course, rain. Springs tend to be the purest source of water, since they typically flow out of rock, and the water is not open and exposed, and therefore not as subject to pollution. When there are no obvious sources of water, you still have a few more options.

SOLAR STILL

The desert solar still is another way to extract water from the soil. Dig a hole in a suitable place. Put a container in the middle of the hole. Cover the hole with a sheet of plastic, and put a pebble in the middle so the plastic forms an inverted cone and the evaporated water drips back into the container. As water evaporates out of the soil, it is trapped on the bottom side of the plastic, and it drips back into your container.

Sometimes you get a sufficient volume per day in one of these stills, and sometimes not. It all depends on where you dug the hole, and the current weather and humidity. Making more than one is always an option.



A transpiration bag is simply a clear bag secured around a branch of a non-toxic tree, in this case, willow. Two quarts of water was produced in this bag in 24 hours!

TRANSPIRATION BAG

This is simple, but near desperation level. Place a clear plastic bag – the bigger the better—over branches that are exposed to the sun and seal it off. It must be a tree that does not have toxic leaves. Willow trees are ideal for this. After a few hours, or a day, water will be trapped in the bag, which you can decant and drink.

We do this often, and can get about 1/3 of a cup in about 3 hours. We’ve gotten about a quart in 24 hours. Keep in mind that you can’t just leave the plastic bag on the tree indefinitely. You need to move it around every other day because the heat inside the bag “cooks” the leaves and you won’t keep getting water. Just like the solar still, you can employ more than one to get the quantity you need.

PURIFICATION

Fire is your best way to kill all the biological contaminants that might be in your water. You just need a pot and the ability to get a fire going to boil your water. How long must you boil it to kill all organisms? Since everything that gets you sick is dead at 160 to 170 degrees F, your water is generally



Boiling is a common method for disinfecting water.

good to go once you bring it to a boil though there are some rare exceptions to this.

SUNLIGHT

You can purify your water with the sun. The water is purified by a combination of the UV rays, and heat. You can actually fill up quart-sized glass jars and place them in direct sunlight for a low-tech pasteurization. In general, about 6 hours in full sun was adequate for pasteurization for us.

SODIS

Are there any plastic liter bottles around? This is another of those ubiquitous bits of trash that you find just about everywhere in today’s world and it can also be used for water purification, in a method called SODIS that is most widely practiced in India.

According to EAWAG (Swiss Federal Institute of Environmental Science and Technology) and SANDEC (Department of Water Sanitation in Developing Countries), clear plastic water bottles can serve a valuable role in disinfecting water.

SODIS is an acronym for: SOLar water DISinfection. SODIS takes advantage of the sun’s UV rays and the process of pasteurization.

1. Select a clear PET (polyethylene tere-



Examining the SODIS setup.

Rainwater harvesting or boiling is recommended during these days

Standing bottles upright does not work as well as laying them on their sides. And for maximum effectiveness, you don't want water deeper than ten centimeters for ideal UV penetration. SODIS is an excellent choice if you cannot draw attention to yourself with a fire, and you won't need to expend the energy of searching for fire wood.

FILTERING

If you managed to keep your water filter in your post-disaster world, by all means use it! But if you can't get a fire going, or if a fire would be disadvantageous, you can use a beer or cola can for a makeshift water filter.

Cut off the top of the can, and punch little holes into the bottom of the can. You then

pack the inside of the can with something that will collect any debris and contaminants in the water. Various filtering agents that have been used are clean sand mixed with a bit of charcoal (charcoal is the primary purification agent), or clean cotton, such as clean socks (or other fabric that can be packed into the can. A filter like this cannot be expected to be 100% effective, but it can help to remove some contaminants from the water. ✓

BIO

Christopher Nyerges is the director of the School of Self-Reliance (www.SchoolofSelf-Reliance.com), specializing in extreme and primitive survival tactics. He is the author of 22 books, including: Urban Survival Guide, How to Survive Anywhere, Foraging Wild Edible Plants of North America, and others.

phthalate) plastic bottle, free of scratches and dirt.

2. Fill the bottle $\frac{3}{4}$ of the way with clear water and shake to aerate. If the collected water is cloudy, or contains suspended debris, it should first be allowed to settle in another container, like a bucket. Then, the water should be strained through a cloth before being poured into the plastic bottle.

3. Fill the bottle the rest of the way and secure the lid tightly.

4. Expose the suspect water to the sun by laying the bottles on their side, either on a roof or somewhere where shadows will not be cast on them, or ideally on a corrugated metal roof.

5. Wait for about 6 hours of full sunlight exposure before you drink the water.

Adequate sunlight is necessary for this to work, and obviously, this will take longer to work in the winter than the summer when the sun is lower on the horizon. Cloud interruptions also mean you will need to keep the bottles in the sun longer than the recommended six hours.

HOW LONG?

- 6 hours if the sky is cloudless or up to 50% cloudy.
- 2 consecutive days if the sky is more than 50% cloudy.
- 1 hour at a water temperature of at least 122°F
- During days of continuous rainfall, SODIS does not perform satisfactorily.



Once rainwater has settled in buckets, it is carefully scooped out, and poured through a filter into quart plastic jars.

Whether your highest priority is guaranteeing a free and fair 2022 election in all 50 states, getting to the bottom of the COVID-19 (Wuhan Virus) misrepresentations, 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. This is the Vietnam War Medal of Honor citation for Drew Dix.

DREW DIX

For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. SSG. Dix distinguished himself by exceptional heroism while serving as a unit adviser. Two heavily armed Viet Cong battalions attacked the Province capital city of Chau Phu resulting in the complete breakdown and fragmentation of the defenses of the city. SSG. Dix, with a patrol of Vietnamese soldiers, was recalled to assist in the defense of Chau Phu. Learning that a nurse was trapped in a house near the center of the city, SSG. Dix organized a relief force, successfully rescued the nurse, and returned her to the safety of the Tactical Operations Center. Being informed of other trapped civilians within the city, SSG. Dix voluntarily led another force to rescue eight civilian employees located in a building which was under heavy mortar and small-arms fire. SSG. Dix then returned to the center of the city. Upon approaching a building, he was subjected to intense automatic rifle and machinegun fire from an unknown number of Viet Cong. He personally assaulted the building, killing six Viet Cong, and rescuing two Filipinos. The following day SSG. Dix, still on his own volition, assembled a 20-man force and though under intense enemy fire cleared the Viet Cong out of the hotel, theater, and other adjacent buildings within the city. During this portion of the attack, Army Republic of Vietnam soldiers inspired by the heroism and success of SSG. Dix, rallied and commenced firing upon the Viet Cong. SSG. Dix captured 20 prisoners, including a high ranking Viet Cong official. He then attacked enemy troops who had entered the residence of the Deputy Province Chief and was successful in rescuing the official's wife and children. SSG. Dix's personal heroic actions resulted in 14 confirmed Viet Cong killed in action and possibly 25 more, the capture of 20 prisoners, 15 weapons, and the rescue of the 14 United States and free world civilians. The heroism of SSG. Dix was in the highest tradition and reflects great credit upon the U.S. Army. ✓

