

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## THE CULPER SPY RING

### How America Gained It's Freedom

By Jason Hanson

*Former CIA Officer*

I know, I know. It's the middle of June and not the Fourth of July yet. However, I want to wish you a Happy Fourth of July now because it's my favorite holiday and because next month's letter will come out after the Fourth is over.

So, I'm getting the party started a little early this year. When the Fourth arrives, we will be having fireworks, barbecues, and going on the slip-n-slide. And while we will be celebrating our freedoms and honoring the Founding Fathers in about two weeks, there's another group of American heroes who operated in the shadows, but were just as crucial to winning our independence. Of course, I'm referring to America's first spies.

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What many people still forget is that during the Revolutionary War, George Washington wasn't just General Washington, he was also America's first spymaster. Get this: Washington spent more money on intelligence operations than he did on some military campaigns. Why? Because he understood a principle that still holds true today: intelligence wins wars and is critical for freedom.

Here's something that would shock a lot of folks: When the British occupied New York City in 1776, Washington knew he was outgunned and outmanned. But he also knew that intelligence could be the great equalizer. So, he established what would become known as the Culper Spy Ring – America's first organized intelligence network that operated right under the noses of the British. (Side note: Go watch the Washington story on Netflix about the Culper Spy Ring, it's worth it.)

The Culper Ring consisted of everyday Americans – farmers, shopkeepers, and tavern owners – who risked execution to gather intelligence on British military operations. These first spies were true patriots who served their fledgling nation and answered the call, despite the extreme danger they faced.

If caught, they would have been hanged as traitors. In fact, the British executed more American spies



during the Revolutionary War than in any other conflict in our history. The most famous was Nathan Hale, whose last words before being hanged were reportedly, "I only regret that I have but one life to lose for my country." (There is a statue of Nathan Hale at the entrance of CIA Headquarters.)

The members of the Culper Ring were masters of tradecraft that would still be recognizable to spies today. They used code names, invisible ink, dead drops, and a complex system of signals that allowed them to operate undetected for years. Abraham Woodhull (code name: Samuel Culper) appeared to be a simple farmer on Long Island but was actually the ring's main leader in New York. Robert Townsend (code name: Culper Jr.) worked as a merchant who used his business as cover to collect intelligence from British officers who frequented his store.

Then there was Anna Strong, who used her laundry line to signal

when meetings should take place (super smart way to signal). She would hang a black petticoat on her clothesline to signal that Caleb Brewster, who transported messages across the Long Island Sound had arrived with information. The number of handkerchiefs she hung beside it indicated which cove Brewster was hiding in.

Their intelligence was nothing short of game-changing and they were wise beyond their years. The Culper Ring uncovered a plot by Benedict Arnold to surrender the fort at West Point to the British. They also provided critical intelligence about British troop movements before the Battle of Yorktown, the decisive victory that essentially ended the Revolutionary War.

As I mentioned, what I love is how similar their methods were to modern intelligence operations. As someone who served as a CIA Officer, I can tell you that while technology has changed, the fundamentals remain the same. Intelligence still relies on building networks of trusted individuals, establishing secure communication methods, and maintaining absolute secrecy. (This applies to all of us who want to build a trusted network for a crisis situation.)

For instance, the Culper Ring used a numeric substitution cipher that was cutting-edge for its time. They also developed an invisible ink called "sympathetic stain" that could only be revealed with a specific chemical counteragent.

And just like modern intelligence operations, the Culper Ring

faced constant threats from counterintelligence. The British actively hunted American spies, and several operatives connected to Washington's intelligence networks were captured and executed. Major John André, the British spymaster who worked with Benedict Arnold, was eventually caught and hanged, showing that espionage was a deadly game on both sides.

So, even though the Fourth of July isn't here yet, I'd encourage you to remember these unsung heroes of the American Revolution. They worked in secret, never sought recognition, and risked everything simply because they believed in the cause of freedom.

And there's a practical lesson here too. The Culper Ring succeeded because its members were vigilant, adaptable, and security conscious. They knew they were operating in hostile territory where even the slightest mistake could cost them their lives. That mindset – being aware of threats and taking proactive measures to protect yourself is something each of us should remember to do on a daily basis.

After all, we face our own challenges today. Foreign nations are constantly trying to hack our systems, influence our elections, and steal our technology. Russia, China, Iran — they're all active in the espionage game. The playbook has evolved, but the game remains the same.

So, always stay vigilant... trust but verify... and never stop preparing and getting your ducks in a row for the "rainy day" that is surely to come.

## Strike Industries Extended Magazine Plate LED

Many people overlook a vital aspect of home defense, which is lighting. The best and newest firearm in the world is worthless for home defense if you can't see what's around you and also what you're shooting at.

This is why the Strike Industries Extended Mag LED could be a unique and effective option depending on the brand of your gun. It is designed solely for Glock 9mm/.40 in generations 3,4, and 5, and the magazine plate has a built-in, downward-facing LED light.

It is worth noting that this won't replace a traditional flashlight like you would use to point down the hall looking for intruders, but it could be useful in other situations and for only \$30 it might be something that works for you.

For example, when the magazine base plate is attached, it can be used as an emergency light to signal for help or if you do a lot of nighttime shooting at the range, it can help you to see where you are walking.

The base plate is made from 6061-T6 aluminum. The casing has grooves in the base to improve ergonomics, but the mag extender doesn't add any round capacity to your pistol.

The LED light is powered by a 2032 battery, and it can easily be activated with a quick press of the button to ensure you don't leave any gear behind after a night of shooting.

Obviously, you'd want to train with the light and practice quickly turning it on and off when you don't want to be seen. If a downward-facing light is intriguing to you, this one is worth checking out.

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# THE FUTURE OUTLOOK IS GOLDEN

## Gold's Sprint Toward 5k

By **Forest Hamilton**  
*Universal Coin & Bullion*

Just by looking at the U.S. national debt currently sitting at over \$35 trillion – around a quarter of a million dollars per household – reveals our decades-long string of grave financial mistakes.

The question is if Trump's Tariffs will help us dig out of this hole, what the ramifications are going to be for each of us, and how to best take advantage of the chaos. Here are my thoughts on why gold and certified gold investment coins have emerged as the beneficiaries with positive short, medium, and long-term outlooks.

**Short-Term (0-6 Months):** I am hoping that the spot price of gold will fall below \$3,000 an ounce, but uncertainty surrounding tariff negotiations and retaliatory trade measures continues to drive investors toward gold.

The weakening of currencies like the Chinese yuan and Mexican peso against the U.S. dollar makes gold, priced in dollars, more attractive globally. Additionally, central banks, particularly in China, are continuing to stockpile gold to diversify away from U.S. Treasuries, increasing gold demand. We could see a short-term dip in the price of gold as people sell at a high before it rises back to \$3,500 or more by the end of the year.

**Medium-Term (6-24 Months):** Everyone recognizes the virtual certainty of coming inflation and the rising costs of goods and services in America. Data proves gold's performance during high inflationary periods with prices rising over 700% in the late 1970s! Ongoing trade tensions could sustain currency volatility, reinforcing gold's status

as a stable store of value. I see gold stronger by the end of this year with a potential rise towards \$4,000 an ounce as Goldman Sachs has predicted.

**Long-Term (2+ Years):** Trump's threat of 100% tariffs on BRICS (Brazil, Russia, India, China, and South America) nations if they move away from the dollar as a reserve currency could accelerate de-dollarization efforts. This would increase gold purchases by central banks in emerging markets and deplete already stressed gold inventories in London vaults, as U.S. importers rush to beat potential tariffs, underscoring long-term supply constraints and likely pushing prices even higher.

For Certified Gold Investment Coins in the Short-Term (0-6 Months): We'll see "The Rubber Band Effect." This term describes what has historically happened when the price of gold has risen quickly, while Certified Gold Investment Coins have lagged behind, before eventually exploding past the gold bullion rise. Increased investor interest in tangible assets boosts demand for bullion gold, translating into certified investment grade gold coins driving prices higher.

I am particularly bullish in the short term on high grade examples of 20th century Indian Head gold coins, Type 2 and Type 3 Double Eagles, and IRA eligible low-mintage Gold American Eagles.

**Medium-Term (6-24 Months):** This is the sweet spot for maximizing investment growth. As inflation erodes the value of fiat currencies, investment grade gold coins often outpace inflation, making them attractive. Their limited supply and growing demand ensure price resilience even when broader markets falter.

Investors are becoming educated on how far below their market highs they can currently acquire these certified gold investment coins, so while the prime values will likely get scooped up in the next 0-6 months, those investors needing to see a continued upward trend will confidently jump in during this window.

**Long-Term (2+ Years):** For 30 years, I've helped place over \$2.5 Billion in gold and silver orders and I have never been more bullish than I am now for the Certified Gold Investment Grade market.

Trump's tariffs have unleashed a period of economic uncertainty, propelling gold to an all-time high, and driving investors to accumulate certified gold coins that are still at a significant value relative to their all-time highs.

Investors should capitalize on this opportunity, leveraging the enduring value of precious metals and certified investment grade gold coins to navigate an increasingly volatile economic landscape. \$5,000 for an ounce of gold sounds otherworldly, but economically, we aren't in Kansas anymore. The financial tornados headed our way might send us to strange lands where the streets really are paved with yellow bricks of gold.

**[Publisher's Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at [foresthilton@universalcoin.com](mailto:foresthilton@universalcoin.com) or call 409-926-7001. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

# THIS DEADLY AMBUSH COULD HAPPEN TO YOU

## How To Survive A "Swarming Ambush"

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

Survival is usually all about preparation, but what do you do when a leisurely stroll turns into a race to survive? I'm talking about something that I don't normally talk about - an attack from killer bees. Not your average honeybee, these are Africanized Honeybees who fight and defend their hives as if they were the 82nd Airborne Division jumping into battle.

Believe it or not, attacks by killer bees are becoming more common everyday as these invasive bugs become more widespread across the United States. These bees aren't just in the wilds, they are showing up in backyards and at BBQs. This is not a someday problem, it's here now, and most people just aren't prepared to deal with these deadly swarms.

So, what do you do if you're in the crosshairs of these bees? Here's a quick story of a harrowing attack, then I'll share tips on how to survive an attack. Jon C. was doing a routine tree trimming job when he was

attacked by a swarm of bees. He was 30 feet high in a bucket loader truck cutting a tree and hit a hive near him, agitating the bees.

Jon was stung more than 100 times, which is terrible, but to make things worse, Jon is allergic to bee stings. *"At one point I just literally gave up cause I was in so much pain cause I couldn't take it anymore. They just came straight up at me and I couldn't get them off me,"* Jon said.

Worse, he had accidentally hit a switch, so he was stuck in his bucket truck as the bees kept stinging him. A coworker said, "Jump!" And so... he did. He rolled over the side of the bucket, fell 30 feet, hit the roof of the truck, and rolled off onto the ground.

Miraculously, he survived the bee attack and the fall. His crew pulled him away from the swarm and rushed him to the hospital. He was immediately treated for the stings and somehow had no broken bones and no internal bleeding. Jon said he was grateful to be alive and thankful that his co-workers quickly

**"He was 30 feet high in a bucket loader truck cutting a tree and hit a hive."**

removed him from the life-threatening situation. The doctor said he was the luckiest person in the world.

Look, Africanized Honeybees do not mess around. If they deem

you a threat, they go immediately into attack mode and unload the entire hive on you. Swatting them dead only releases a pheromone or alarm scent that drives the others into a frenzy and makes your situation worse. Plus, their stingers stay in you and detach, then continue on their own to dig in and release their toxins — like little poison tipped drills — causing severe burning pain.

The best thing is to run far away and fast.

Killer bees are known to pursue intruders over a half mile. Cover your head and eyes the best you can because they like to go for this target area. Try to seek shelter if you can, and do NOT jump into the water. The bees will simply swarm where you went in and wait for you to resurface.

Once you are clear of the area and safe, immediately seek medical attention. If you happen to be out in the wilderness or on a remote hike, quickly remove the stingers and try to find a cool water spot and use a wet t-shirt or towel on the sting areas or put a cool mud compress on them.

If you are allergic to bee stings or don't know if you are, watch for an allergic reaction. You should always carry a bee sting kit or EpiPen with you in your gear kit.

The bottom line is that killer bees are not to be fooled with. If you come across a hive, leave it be and steer clear of it because the hive you mess with could be your last. And if you are attacked, use the tips above to survive and get to safety. Be prepared and survive on!



# THE DANGERS OF PROVIDING A “TOO COZY” HOME

## How To Properly Prepare For Real-World Threats

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

The four of us sat around the conference table in the Ops Center at Tunnel making jokes and laughing. Tunnel was the cover name of one of our most useful covert facilities in Northern Virginia.

It appeared to be an engineering firm, complete with company name, company vehicles, employees in company attire, and all the trappings of a typical private firm. The building provided rooms to test gear, equipment, electronics, assemble mission packages for clandestine operations, and included an awesome break room, high-tech conference room, lounge, and gym.

The facility was a fortress. A grade of fine mesh copper shielded the windows. From the outside, it looked like solar screening, but the true purpose of the shielding was to prevent electromagnetic emissions from escaping the facility. Additionally, the windows were treated and protected from laser-bouncing sound wave vibration measurements that reveal sounds inside the building.

The walls, doors, ceilings, and floors are similarly protected from electronic and physical invasions. A series of sensors, materials, and physical examinations preclude attempts to ‘peek’ into the facility using technical or physical assaults.

We used a series of waveguides along the corridors and halls inside special covert facilities. These waveguides are like curved hallways, angled walls, and partitions along otherwise straight corridors. These sound-muting obstacles, along with airlock-like



double doors, help ensure that no sound waves escape, and nothing can be observed from the outside when doors are opened.

Further, in the event someone was to get a glimpse inside, we employed a sophisticated form of meaconing. Meaconing is an intelligence program of broadcasting “authentic” signals that mimic reality. Our security and counterintelligence teams implanted devices and systems on the exterior of the building that impersonated voices, cell phone calls, Wi-Fi, TV, radio, and other electromagnetic signals normally escaping a legitimate functioning engineering and research firm. These tools fool satellites, drones, drive-bys, and other remote surveillance and sensor-based intelligence collection efforts.

Security didn’t stop with the building. The lights in the parking lot included unobservable 360-degree surveillance cameras with thermal and night vision. Vans in the parking lot had armed security who used the gear in the van to provide surveillance and security for the facility.

Our security teams secretly run background checks on employees in the area, track all delivery vehicles entering and leaving the area, including cabs, private vehicles, buses, and law enforcement vehicles, and check and verify license plates. They even run counter-surveillance operations to detect possible hostile agent efforts to case the facility from afar.

Nothing and no one within a quarter-mile radius of those facilities is not scrutinized, cataloged, and investigated for connections with potential threats, including satellites. We use roof-mounted anti-satellite detection and monitoring systems that make the facility appear to have no unusual optical or thermal signatures that would make it stand out to any airborne asset survey or ground imaging study.

The magnitude of the missions that we run out of our most covert facilities requires supreme security. Additionally, the anonymity and cover of our most elite operatives must be preserved. Compromising the identity of the elite clandestine intelligence operatives would bring

irreparable harm to US national security and potentially fatal harm to the officer and their family.

If our security teams discovered anything of concern, we received a “Notice of Alert” or “Notice of Heightened Alert.” In a few cases, we had to terminate operations at a cover site with no notice as the agency rushed specialized sanitizing teams to evacuate all the gear, materials, and files and eliminate every trace of agency occupation at the facility. Our teams can “clean” a covert site faster than the guy behind you can honk when the light turns green.

One day, we were each at the Tunnel site to finish final preparations for our upcoming missions. But in truth, we had all individually decided to sequester ourselves there, where we felt safe and at home, blow off some stress, and pretend like everything was normal.

You see, two days earlier, we were notified that in one day, three of our compatriots were killed in the line of duty. We grieved their loss and privately pondered how that could have been us. We needed that sense of bonding that comes from laughing and fellowshiping with the only other people on earth who knew how important their mission had been and what supreme sacrifice they had made.

Not even their families would know precisely how or why they died. The sanctity of the operation precluded the divulgence of details about where they were, when or why they were killed, or who was behind their assassination.

We were each headed out on solo missions with varying degrees of risks and felt the extreme pressure to make it all work perfectly as each of us knew we might not return from this one. It was surreal to be in such

a secure facility knowing that the minute we stepped foot in hostile territory we had no protections. No security teams, walls, electronic countermeasures, nothing to protect us from our adversaries.

But the truth is, we all face that in life every day. We strive to make our homes virtual fortresses without making them feel like prisons. We want to protect our loved ones because the world is a better place with them in it. But each day, we have to send them out into the world where they won't have the safety and security of the fortress we have built for them. They will be in hostile territory and vulnerable the entire time.

**"Not even their families would know precisely how or why they died."**

There is a special balance of providing a secure home environment and preparing our loved ones to go out into a world where there are things and people who will literally try to kill them.

Sometimes, you can get like we were that day. We just wanted to luxuriate in the extreme safety of Tunnel while we laughed, chatted, and ignored the outside world and all the threats it spawns. We did not want to discuss the malevolence, anguish, anger, and discouragement that are just outside of our ops center every day.

But you can't get too cozy or lost in the comfort and security of your fortress and forget to teach and train your loved ones on how to navigate the world outside of your home. No matter how many layers of protection you provide them at home, or how many times you warn them, or how hard you work to keep them away from danger, the day and time will come when they're on their own and need to know how to stay alive.

If done well in advance and gradually, your lessons will not be frightening, and they will not cause anxiety

or trauma. Properly and patiently addressed, these lessons will be as comfortable as teaching them to drive, date, deal with co-workers, buy a car, or choose a spouse.

Just don't wait until time to prepare them is almost expired, then try to brain-dump everything into their heads, it simply will not stick and will be all but worthless. Instead, consider the threats your loved ones will face and develop a simple plan to help them prepare for and successfully confront those threats.

Enjoy the luxuries and safety of your home, but don't forget the ultimate purpose of your fortress—to give you an operations center to provide for and protect your loved ones, especially preparing them for the greatest challenges they will have to face.

So, take a moment today and make a list of what they need to know to survive, and then make a plan for how to get them ready. Finally, execute that plan rigorously, while there's still time to make it effective.



## SAVINT

### YOUR MONTHLY SAVINGS INTELLIGENCE

The Texas Cowboy Knife is finally back, but I was only able to get 55 of them. So, I'm giving first dibs to readers like you. If you haven't seen this Cowboy Knife, it's handcrafted by two fellows in Texas. Check out [www.TexasCowboyKnife.com](http://www.TexasCowboyKnife.com).

(It's definitely one of my favorite fixed blade knives and it comes with 2 free sheaths.)

# PROSTATE CANCER?

## What You Must Know About Screening

By Dr. Omar Hamada

*Special Operations Physician*

Now that prostate cancer is back in the news, I'd like to talk about it this month. As you may know, prostate cancer is the most common cancer in men and is the second leading cause of cancer deaths in men.

Whether President Biden's advanced and aggressive cancer was just diagnosed (highly unlikely) or has been intentionally hidden from the American public (much more likely), it is going to be a hard-fought battle for him to win.

Early-stage prostate cancer is most often asymptomatic, underscoring the importance of proactive screening. Symptomatic presentation usually occurs with advanced or metastatic disease and may evidence as lower urinary tract symptoms (LUTS) such as urinary frequency, urgency, nocturia, weak urinary stream, obstruction and urinary retention, and painful voiding, though these findings are also common with benign prostatic hypertrophy (BPH).

Prostate cancer screening involves a combination of physical examination and laboratory and imaging studies and includes the following:

### **Digital Rectal Examination**

**(DRE):** Otherwise known as a "prostate exam" or "rectal exam", this allows for the detection of nodules, swelling and bogginess, or asymmetry, raising suspicion for malignancy.

### **Prostate-Specific Antigen (PSA)**

**Assay:** PSA, a protease produced by both normal and abnormal prostatic epithelium, serves as a valuable biomarker.

**Transrectal Ultrasound (TRUS)-Guided Biopsy:** The definitive diagnosis of prostate cancer necessitates tissue confirmation by prostate biopsy.

**Multiparametric Magnetic Resonance Imaging (mpMRI):** mpMRI is becoming a crucial tool in prostate cancer diagnosis and management. Its ability to provide detailed information allows for improved risk stratification, detection of clinically significant lesions, and targeted biopsy guidance, potentially reducing the number of unnecessary biopsies.

Following a diagnosis of prostate cancer, staging is essential to tell us the extent of the disease and help us guide treatment decisions. The TNM (Tumor, Node, Metastasis) system is the most widely used staging classification. Other risk stratification methods involve the Gleason score, a grading system that reflects the aggressiveness of the tumor based on its glandular architecture.

The Gleason score, ranging from 6 to 10, is derived by adding the two most prevalent architectural patterns observed in the biopsy specimen. Higher Gleason scores correlate with a greater likelihood of aggressive growth and metastasis.

The management of prostate cancer is highly individualized and depends on factors like the stage and grade of the cancer, the patient's age, comorbidities, and patient and family preferences. Treatment options include:

**Active Surveillance:** For men with low-risk prostate cancer (low Gleason score, low PSA, small tumor volume), active surveillance involves close monitoring with serial PSA testing, DREs, and repeat biopsies.

**Radical Prostatectomy:** Surgical removal of the entire prostate gland, seminal vesicles, and regional lymph nodes (lymphadenectomy) is a potentially curative option for localized cancer that hasn't yet spread.

**Radiation Therapy:** External beam radiation therapy (EBRT) delivers high-energy photons to the prostate gland and surrounding tissues to eradicate cancer cells.

**Androgen Deprivation Therapy (ADT):** Prostate cancer growth is typically androgen (testosterone)-dependent. ADT aims to reduce circulating testosterone levels through surgical castration (orchiectomy) or medical castration.

**Chemotherapy:** Systemic chemotherapy is primarily reserved for metastatic surgical or medical castration-resistant prostate cancer (mCRPC).

**Targeted Therapy:** Novel agents targeting specific molecular pathways involved in prostate cancer progression in patients with specific genetic mutations have significantly improved outcomes in mCRPC.

**Immunotherapy:** Immune checkpoint inhibitors have demonstrated benefit in a subset of patients with advanced prostate cancer exhibiting specific characteristics.

As I said, prostate cancer is the most common cancer in men. However, due to advancements in early detection and treatment, overall survival rates have significantly improved.

The important thing is to make sure you are regularly screened for prostate cancer and don't let it drop off your radar. In addition, don't let the fear of cancer keep you from screening for it!

# PROACTIVE DEFENSE IN A SURPRISE ATTACK

## How To Defend Against A Brutal Choke

By Matt Numrich

Head Instructor Of Spy Black Belt

Finding yourself caught in a rear naked choke – or carotid choke – can be terrifying, especially if the attacker is starting to sink it in. Now, if you don't recognize the name, a rear naked choke is applied by an attacker behind you by looping an arm around your throat with your windpipe in the crook of their elbow and their other arm locked behind your head and pushing the back of your skull into the choke.

When this choke comes on, the pressure to both your windpipe and carotid arteries can quickly render you unconscious – or worse.

However, when the choke hasn't been fully applied, there's a window of opportunity to escape. So now, I'll reveal a proactive method for defending against this choke and the exact steps to break free before it's too late (in a later article we'll cover "reactive" defense if you don't catch it early enough).

The key to this first method is starting before the attacker fully locks in the choke. Remember, since the rear naked choke cuts off blood flow to your brain, once it's tight, escaping becomes much more difficult.

So, the proactive defense focuses on recognizing the choke early and stopping it while you still have some space. By moving swiftly at this stage, you have a better chance of breaking free.

The first thing you need to do is grab them. Both your hands come up to grab the attacker's arm that's wrapped around your neck – as if

you're going to do a chin up on their arm. The goal here is to pull down hard on the arm to relieve some of the pressure and prevent the choke from tightening.

At the same time, you want to drop your weight and lower your center of gravity, making it harder for the attacker to control your movement. This move is crucial for creating a small but essential gap between you and the attacker's choke.

Then, once you've relieved some of the pressure, it's time to step off to the side. This movement shifts your body out of the attacker's direct line, disrupting their positioning and giving you a better angle to counter. Creating space is essential to turning the tables on your attacker and giving you the upper hand. Plus, the sidestep not only helps you escape the choke, but it also sets you up for the next move.

Now that you've stepped to the side, you can follow up with a rear elbow strike. As

you step, reach out with one hand as if you're going to shake someone's hand and then swing your rear elbow back to strike the attacker. This elbow strike can be targeted at the torso or the head, depending on the position of the attacker. This strike also further breaks their grip, creating an opening for more ag-



gressive follow-up actions, putting you back in control.

After landing the elbow strike, you'll find yourself in close quarters with the attacker. From here, there are several options to follow up. You could throw knee strikes, hammer fists, or any other close-range techniques that allow you to continue the defense. The goal is to stay aggressive and take advantage of the space you've created, preventing the attacker from reapplying the choke or launching another attack. Close quarters combat is all about using your body efficiently, and this sequence puts you in a prime position to continue your defense.

Understanding these steps and practicing them can make a big difference if you ever face this kind of threat. By staying alert and using a proactive approach, you have the best chance to escape and regain control. To help you with the details of this escape, I've made a video for you, where I walk you through this simple escape so you can begin training it and making it instinctual. You can watch the video here: <https://fearlessstreetfighter.com/rnc-escape/>.

**"The pressure to both your windpipe and carotid arteries can quickly render you unconscious."**