

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

SPYCRAFT FOR THE MODERN DAY

How To Build A Fake Identity

By Jason Hanson

Former CIA Officer

Juan Pujol García was a Spanish spy who acted as a double agent during World War II and who created some of the best fake identities in the spy world. He was loyal to Great Britain during the war, but Germany believed he was working for them. Juan said he decided to spy for Britain “for the good of humanity.”

He started by contacting the British embassy in Spain, but they rejected his offer to spy. Next, he created a false identity as a pro-Nazi Spanish government official.

This caught the attention of Germany and Juan soon became a German agent. The Germans instructed Juan to move to Britain and recruit others for the cause. During this time, Juan created fake reports about



Britain including a tourist guide that included train schedules, newsreels, and advertisements. This gained him the trust of his German handlers.

Soon after, Juan started creating fake agents. He created 27 fake spies with personalities, addresses, and even travel logs. When something went wrong, and the Germans were angry with him, he would blame the fake agents that he had recruited.

Finally, the allied forces accepted Juan’s offer to spy, and the Brits gave him the code name Garbo. Juan and his British handler spent the rest of the war building the fake spy network.

He communicated with his German handlers via letters and eventually

by radio. At one point, the Germans were funding more than 27 spies working in Britain. But they were all fake. There were no German agents. Only Juan, who was working for the British and providing intelligence to the Allied war effort.

In fact, Juan played a crucial role in the successful D-Day invasion. He helped with the deception by telling the Germans that the attack would be in Pas de Calais. His intelligence was convincing, and the Germans kept large forces there. After the war, Britain awarded him as a Member of the Order of the British Empire.

Now, I obviously don’t recommend trying to create a legion of fake people like Juan did. But there might

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be a reason to create a fake identity for yourself in an extreme survival situation. Just know that it isn't easy. So, here are a few things to keep in mind if you ever had to do this to protect your privacy and identity.

A fake identity is only as good as the backstory or legend. So, you need to have well-thought-out fake names, date of birth, place of birth, education, job history, etc. You need to know this information forwards and backwards. A good spy with a fake identity will have all the details down perfectly. No stone can be left unturned if you want to have a believable fake identity. In other words, don't say you are from Phoenix, AZ if you don't know the area very well and you can't talk like a local.

If you are going to live your fake identity there will come a time when you might need documents to prove who you are. Now, I'm not saying you should break the law and forge documents. The better strategy is to create a fake identity altogether.

To successfully have a fake identity you have to show the world that you are living your identity. You will need to build a presence on social media. Take photos when you are out shopping or at restaurants. Post pictures when you are out with people who believe you are the identity you created. Also, have email accounts and phone numbers that link to the fake name. One mistake people often make is that they will use identities and documents from dead people. This is a bad idea as there is always the

chance of someone stumbling across an obituary.

So, don't try to get a fake driver's license or a fake passport – that will not end well. Instead, you can create the fake persona online via social media.

A common way people with fake identities get caught is from their fake job. You must be well-versed in the job and be able to explain it to someone who could be in a similar field. So, don't create a fake job that you know nothing about. Create a false job that is similar to what you have done in the past but not enough to give it away.

One phrase that spies live by is “parallel the truth.” If you are married with 5 kids, you probably don't want to create an identity as a single man. If you don't

know anything about airplanes, you definitely don't want to say you are a pilot.

Lastly, you need to “pressure test” your identity. Visit places where someone might ask you a lot of questions. You could even apply for a job and see how you handle the interview process.

Just remember, a fake identity isn't just paperwork, it's living a different life. You must be prepared to go all-in if you're going to use one. Obviously, I hope you never need to create a new identity, but I do help people in some crazy situations and am here if you ever need help.

"So, don't try to get a fake driver's license or a fake passport."

Crua Hybrid Tent

If you enjoy camping and the outdoors, you may wish to check out this unique tent. The Crua Hybrid Tent is a versatile single person tent that's actually three pieces of gear in one.

It can be pitched as a standard ground tent or suspended between trees as a hammock. It also has a detachable sleeping bag and a self-inflating air mattress. The whole thing weighs about six and a half pounds and breaks down to about 30"x13"x13".

The tent is made from ripstop polyester and is waterproof (with an HH rating up to 5000mm) so it will keep you dry in heavy rains. The materials are breathable and designed to reduce condensation, and it has dual side doors and mesh panels for ventilation.

The Crua Hybrid comes with everything you need: tree straps, poles, carabiners, and stakes. One drawback is that the hybrid is heavier than other lightweight tent options, but it is a good option if you like hammock camping and also want the backup of a tent in case the weather gets bad. The Crua Hybrid sells for about \$200 new. It has a two-year warranty and a 30-day return policy.

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WHY SILVER'S QUIETLY OUTPERFORMING BOTH GOLD AND EQUITIES

Will We See A Jump To \$200 An Ounce?

By Forest Hamilton
Universal Coin & Bullion

While this year's notable surge in gold and equities has often dominated the headlines, silver has quietly forged ahead of both of those media darlings. Here are a few reasons why silver is stealing the spotlight in 2025 and why it is a strategic addition to your portfolio.

So far, silver has outpaced gold in 2025, rising 30%, compared to gold's 26% gain. Last month, COMEX veteran Michael Oliver told King World News that silver could reach \$160–\$240 per ounce, citing its long suppression and potential to revert to a historic 16:1 gold-to-silver ratio, which would establish a price above \$200. The gold-to-silver ratio argument is often used by silver bulls, but rarely is a 5x multiplier talked about, especially by someone who has been in the industry as long as Mr. Oliver.

Silver's dual role as both a store of value and an industrial powerhouse sets it apart from other precious metals. Silver is critical for photovoltaic solar panels with projections estimating global silver demand for solar applications alone will exceed 1.2 billion ounces in 2025. The electric vehicle (EV) sector also relies heavily on silver for batteries and components, further amplifying demand as EV production accelerates.

The London Bullion Market Association projects a fifth consecutive year of silver supply deficits in 2025, fueled by sustained industrial demand. Silver's 30% rise, outstripping gold's 26%, highlights its growing prominence in the

precious metals market, bolstered by the Trump administration's economic recovery.

Silver-backed exchange-traded funds (ETFs) have seen record inflows in 2025, rivaling levels not seen since the early pandemic years. Silver's affordability and accessibility make it an attractive option for investors seeking stability and growth.

The Consumer Price Index (CPI) reported a modest 0.3% increase with a 12-month rise of 2.7%. Shelter costs climbed 0.2%, energy 0.9%, and food 0.3%. The core CPI, excluding food and energy, rose 0.2%.

These subdued inflation figures underscore President Trump's success in reducing inflation and securing tariff reductions from trading partners, narrowing trade deficits. Yet, the Federal Reserve has not adjusted interest rates in the first six months of Trump's presidency, despite a 0.5% rate cut on September 18, 2024, and 0.25% cuts on November 7 and December 18, 2024.

Critics, including a July 17th Wall Street Journal article, argue this inaction suggests a bias toward Democrats, as the Fed cites fears of tariff-driven inflation despite scant evidence. Tariffs have also generated \$100 billion in revenue in six months, compared to \$6 billion monthly under Biden.

In 2023, Fed Chairman Jerome Powell emphasized data-driven policy decisions, per a July 26 Bloomberg report. The Fed's current

stance, ignoring low inflation and global rate declines, appears inconsistent, possibly influenced by its 300+ Keynesian-trained economists favoring intervention over market signals. High rates continue to inflate the U.S. national debt's interest burden, complicating Trump's fiscal agenda.

Silver's 2025 performance underscores its potential as more than

just a complement to gold—it's a standalone investment with solid growth prospects. Its volatility can be leveraged for portfolio gains, especially in uncertain times. Physical silver—whether coins, bars, or rounds—offers a tangible connection to wealth preservation, diversifying against fiat currency risks.

Silver's 30% surge, driven by industrial demand and favorable monetary conditions, positions it as a standout asset in 2025. Whether you're focused on wealth preservation or capitalizing on economic trends, silver's versatility makes it a must-consider option. Don't let silver's shine pass you by.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at 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.]

"The Fed cites fears of tariff-driven inflation despite scant evidence."

SURVIVAL LESSONS FROM AN 8-YEAR-OLD

How To Get Back To Civilization If Lost

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I was 8 years old on a hunting trip with my dad. It was a cloudy day in early winter in upstate NY. We sat on a ridgeline overlooking a low area waiting for a deer. There was a good bit of snow on the ground and after a few hours I started to get really cold.

My dad told me to follow our tracks back to the lodge and he'd be back right after dark. So, I headed out, and as I was going along, it started to snow. I had to go to the bathroom really bad and as a shy young boy would be, I didn't want to be seen, so I stepped off my route and into the woods. Meanwhile, the weather turned worse, and it was getting dark out.

I finished up and headed back out. But to my horror, I didn't see my tracks. I panicked and ran around trying to find my tracks. I called out, but no one answered.

I was scared and started crying. I wandered around calling for help, then saw a big boulder and headed for it. I climbed up to the top, screaming and waving my arms. I thought I was going to die.

As dark engulfed the woods, I heard

faint cries of "EJ!" in the distance. I yelled back, flailing my arms. I saw flashlights heading towards me. It was my dad and uncle Jim. I jumped off the boulder and ran to my dad and hugged him hard.

He asked if I was ok and hugged me back. He got me back to the lodge and I soon sat by the fireplace sipping hot cocoa, still shaken up. My dad came over and said, "I'm sorry son, that was on me. I didn't prepare you for that. But tomorrow I will," and he handed me a compass.

After my dad showed me the basics of compass direction, pace count, and taking strings to tie them in trees as I went every 100 steps, I was hooked on navigating. I became an Ace Land Navigation and Map Reader in the Army, and an expert in navigating rough terrains with or without devices and maps. So, here's how to get yourself and others to safety without any wrong turns.

First, always have a good plan before heading out, whether for a few hours, a weekend, or a thru-hike. Make sure someone else knows your plan, route, and timeline. If using a State or National Park trail, always sign in.

Next, always pack a basic survival

kit, a lightweight tarp, and a fixed blade knife. Have a good trail map, compass, and rolls of engineer tape (either orange or pink). If you step off the trail to sightsee, take a bathroom break, etc., hang a strip of the tape so you can easily follow it back to the trail.

If you do find yourself lost, stay calm and stop, look, and listen. You might not be far off the trail and might hear other hikers and can meet up with them to figure out where you are or even travel with them. Call out to see if anyone hears.

If things get dire, make basecamp where you are. Wrap several strands of engineer tape around a tree to be easily seen and hang strands off branches on each cardinal direction.

Then use a grid pattern to try and relocate the trail. Start with the direction you came from first. Go 300 paces up, stop, turn left and go 300 paces that way, turn left, go another 300 paces, take the last left for 300 more and end up back where you started. Then I'd repeat this for each side of the tree to see if I can locate where I need to be.

If you're still lost, find higher ground to ensure a good cell phone signal and get a call or message out. I have found Rapid Radios (a high-speed walkie talkie) a great option for communicating long distances or use a satellite phone.

Additionally, find a clearing where you can see, get rescue signals out, and make a fire. Plan to care for yourself because it could take a day or so before help finds you.

Always make a plan. Choose your approach based on your skills, experience, and situation. Keep a level head and never give up. Be prepared and survive on!



WHEN SECRET MISSIONS GO SIDEWAYS

Hidden Danger In A Small European Country

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I was alone on a solo mission in Europe. It was my first time in that country, and I found it captivatingly lovely and architecturally romantic. I had to continually remind myself that I was there to do a dangerous job. But the breathtaking beauty of the old-world European village was not my only distraction, nor my most debilitating.

The targeting team had assembled a complete package for me: pictures, full background, complete description, everything needed to engage in conversation with the target and entice them into selling me information.

But (and this is a tad embarrassing to admit), I was struggling with abdominal cramps and some kind of digestive disorder. It was incapacitating. I was so sick that it was hard for me to think about my mission.

I quickly learned the language for “Where is the restroom, please?”

and “May I use your restroom?” Unlike America, where every store has public restrooms, I had to use private restrooms in people’s shops. They

sensed my suffering and urgency and graciously permitted me to use their facilities.

In this particular country, these people longed for the liberties and security that we take for granted, but they didn’t have the resources to fight against the tyrants that continued to oppress them.



But I wasn’t there to change their political system. Instead, I was there to prevent their government from gaining a strategic advantage over American national security. You see, we’d intercepted and decrypted their secret government communications systems. That country’s intelligence subsequently gave us access to a significant amount of Russia’s most sensitive information.

"We had to regain access to our adversaries’ plans and capabilities."

You see, in the military, there is a saying we use in training: AUTO-D. It stands for Around, Under, Through, Over, or Destroy.

If you have an obstacle blocking your path, you don’t give up, you AUTO-D your way to accomplish your mission. The same rule applies to protecting our national security through intelligence activities. If we can’t break into Russia’s secure communications directly, then we need to break into the communications systems of their

closest friends and allies. And it works.

The problem came when they discovered that their allies’ communications security had been compromised. That’s when our efforts were blocked again with the latest, most robust methods for securing all of its electronic communications. We had to regain access to our adversaries’ plans and capabilities.

So, I was there to meet with one of the senior developers of this country’s new encryption and communications security architecture and methods. He was opposed to the control and exploitation that Russia had over his humble country and people, and he wanted to see his country freed from the chokehold of Russian extortion. In fact, he had reached out and offered to provide the information to any Western government that could guarantee him that the documents and memory devices would reach

the U.S. intelligence community.

It was a highly critical, but straightforward mission with minimal risks. All of the security hazards had been examined and mitigated. What I did not expect was to get so ill that I couldn't perform my duties optimally. I had to cut the initial meeting short with a made-up story about having to report back at a specific time. The fact was I thought I was about to lose control of my bowels. I managed to complete my mission, but it was choppy as I had to keep breaking up our meetings. It did not seem to bother him, and I think he thought it was due to security precautions.

I learned a lot from that nearly disastrous expedition. I was trained as a combat medic. I could treat a tension pneumothorax with a decompression needle, apply tourniquets, and prevent peripheral exsanguination. I carried combat pill packs with opioid pain relievers, anti-inflammatories, and prophylactic broad-spectrum antibiotics. But I didn't have Pepto-Bismol when I needed it.

Now, I have never had to apply a tourniquet, use a decompression needle, or treat a gunshot wound. But I often need Tylenol, ibuprofen, band aids, tape, and vitamins. I've learned that it's probably more critical for you to have the low-level, boring things covered than to know CPR (but you definitely should know CPR).

This is my advice: Sweat the small stuff. For instance, have a tick treatment pouch with insect repellent, tweezers, alcohol pads, topical antibiotic, a Fresnel Lens (small magnifier), Afterbite (for pain and as an antiseptic), and a mirror to check "hard to see" places.

I even carry a bottle of Tick

Immune Support, as well as some prescription topical Azithromycin cream and Clindamycin gel. Alternatively, at least have some soap and wipes, and be prepared to gently wash the bite area and apply Bacitracin or Polysporin antibiotic ointment. It won't prevent Lyme disease, but it might prevent a bacterial infection that could incapacitate you.

Since my days in the military, I have always had Chiggaway in my kit. I also carry stool softener because I have learned that certain situations, as well as foods and changes in eating habits, can cause digestive changes that simple over-the-counter solutions can alleviate.

A mosquito head net is small and weightless and there is no good reason not to have one or two. Always have some soap. A small portion of bar soap is the best because it won't freeze and can't leak. Maintain good hygiene and clean all cups, pots, dishes, and utensils used with soap and water, wet wipes, or alcohol pads. Stomach illnesses can become totally debilitating and dehydrate you in hours.

Personal hygiene is essential to maintain your health. I have removed ticks from my hair before they had a chance to dig in, just by combing my hair. And in survival school, they emphasized that brushing our teeth at least once every 24 hours helps prevent plaque buildup and reduces the risk of gum illness and tooth pain. Have a toothbrush, toothpaste, comb, wet wipes, floss, and even deodorant.

I also pack a small bottle of gun oil to lubricate firearms, folding knives, or multitools. I use my carry knife several times a day, and in the field, I rely on knives for many of

the essential tasks of self-care and preservation. Everything from food preparation to fire making, cutting, prying, scraping, and self-defense. So, I always carry a sharpening stone or, at the very least, a pocketknife sharpener with me.

It has been the small things that have proven to be the greatest comforts to me and the absence of those things that have been the most agonizing to me over my many years as an operator.

Examine your own daily needs and comforts. Most of those are small, efficient, affordable, and worthy of having with you. You have refined your living standards throughout your life. Don't abandon those at the very time you will need those comforts and rituals the most. Yes, you should carry a full trauma and advanced first aid kit and have your bug out bag, but don't forgo the small stuff. You'll use it more often and suffer in its absence.

"I have removed ticks from my hair before they had a chance to dig in."



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

Like guns, you can never have too many knives. You should have both fixed-blade knives and folding pocketknives for whatever life throws your way. So, this month, I want to make sure you grab the Shadow pocketknife. This tanto knife is excellent for both self-defense and survival and is one of the main knives I give to all of my private clients. You can see photos at www.SpyTanto.com.

BY 75 YEARS OLD, 98% OF MEN SUFFER FROM THIS

How To Slow Or Prevent Age Related Health Issues

By Dr. Omar Hamada

Special Operations Physician

85% of men, and 33% of women experience hair loss - or alopecia - at some point in their lives. Though the statistics occasionally seem contradictory, in general, for men, the numbers are as follows: By 25 years of age, 25% of men experience noticeable hair loss. By 35 years of age, two-thirds of men have noticeable hair loss. By 50, that number climbs to 85%. By old age, let's say 75 to 80 years of age, 98% of men will have lost a significant amount of hair.

95% of all hair loss in men is due to genetically driven progressive androgenic (testosterone-related) alopecia (aka pattern baldness). In women, the primary causes may also revolve around hormonal changes brought on by pregnancy and childbirth, menopause, or PCOS, but instead of testosterone, the hormones involved are usually thyroid, estrogen, and/or progesterone. However, also important are causes such as telogen effluvium (stress-induced hair loss), alopecia areata (autoimmune), and nutritional deficiencies.

The loss of hair can be psychologically taxing on many - particularly women. Since a full head of hair is seen as a sign of health, strength, youth, and beauty/attractiveness, the loss of it heralds the loss of all the above and can be difficult for individuals to accept. Men are also affected with hair loss insecurity and anxiety, but it's kind of expected that men will lose hair as we age. If it's something that rattles your confidence and self-image, you can do something about it.

The truth is, we've made dramatic advances in hair loss treatments in recent years and have quite a wide variety of options at our disposal to slow or even reverse the loss of hair. We can use anything from oral or topical medications, red-light LED and laser therapies, nutritional supplementation, hormonal optimization, PRP and stem cell therapies, microneedling, surgical transplantation, or combinations of several of these.

Oral and/or topical medications are the bedrock of treatment - especially for androgenic alopecia. Results can most often be sustained as long as the medications are taken consistently.

"Microneedling, not unlike lawn aeration, creates small superficial holes."

These include the following medicines: Minoxidil: improves blood flow to the scalp and prolongs the hair growth phase. Finasteride: inhibits the 5-alpha-reductase enzyme that converts testosterone into dihydrotestosterone (a powerful androgen) thus slowing hair loss and encouraging regrowth. Not recommended for women. Dutasteride: a more potent form of finasteride.

Latanoprost: extends the growth phase and stimulates hair regrowth. Retinoic acid: a Vitamin A derivative that can stimulate regrowth when used topically. Often used in combination with minoxidil.

Hydrocortisone: decreases damaging inflammation that leads to hair loss. Spironolactone: blocks androgen receptors and blunts the effects of dihydrotestosterone. Not recommended for men.

Platelet-rich plasma or PRP uses a patient's own blood to then

concentrate platelets which are in turn injected into the scalp. PRP has an abundance of factors that stimulate hair regrowth and decrease damaging inflammation.

Red-light low-level laser and LED therapies also stimulate hair regrowth in some very impressive ways by increasing blood flow to the scalp, by stimulating hair follicles, and by decreasing inflammation. Several brands of caps are available though they differ in number and strength of lasers and LEDs. Some caps only have either lasers or LEDs and not both. Since both are beneficial, I would without question recommend those caps that use both LEDs and lasers instead of simply one or the other.

Microneedling, not unlike lawn aeration, creates small superficial holes in the scalp that stimulate blood flow and hair regrowth particularly when utilized with other therapies like PRP or minoxidil.

Nutrition and hormonal optimization are both vital in hair regrowth. Supplementing both as we age is very important. Despite all the above remedies, hair transplantation remains the gold standard for difficult and recalcitrant cases of hair loss. Surgical techniques have significantly improved over the years, so transplantation is not so noticeable to the casual observer, however, this remains the most expensive and invasive option.

Hair loss is a fact of life. However, we now have many options at our disposal that can help slow or even reverse the loss of hair. The important thing is to understand the causes, establish a diagnosis, choose the right treatment(s), and maintain consistency in our efforts in order to maximize results.

USE YOUR PALM

Save Your Hands While You Destroy An Attacker

By **Matt Numrich**

Head Instructor Of Spy Black Belt

One of the most practical and powerful tools for self-defense, especially for those in their 50s, 60s, and beyond, is the palm strike. While many instinctively think of a closed-fist punch in dangerous situations, the palm strike offers a better alternative that works with the body's natural structure, making it safer and more effective.

A punch, while powerful, comes with risks that often outweigh the benefits. The hands, particularly the knuckles and small bones, are more prone to injury over time. A single misaligned punch could result in a broken hand or wrist. Even younger people are at risk of hand injuries when punching without proper technique. So, as the body changes, so should the strategies we rely on.

The palm strike is a technique that uses the heel of the hand to strike a target, such as an attacker's face. This part of the hand is dense, solid, and significantly more resilient to impact than the knuckles. It can deliver impressive force without putting the striker at risk of self-injury.

Structurally, it's similar to the heel of the foot—strong, durable, and capable of absorbing shock. The face, on the other hand, contains delicate bones that are vulnerable even to moderate force. A properly executed palm strike takes advantage of this imbalance, delivering significant impact while minimizing personal risk.

Despite being a “different technique,” the palm strike uses nearly identical body mechanics to a punch. That means if you've ever thrown a punch at a heavy bag or practiced martial arts, your muscle memory already supports the motion.



The key difference is in the hand position. The fingers should either be bent back or curled inward (whatever feels most comfortable), so the impact comes from the base of the palm. This adjustment helps focus the force while protecting the fingers. It's a simple tweak that makes a big difference in safety and effectiveness.

It's easy to assume that a single well-placed strike is all it takes to stop a threat. The truth is, relying on just one move can leave you vulnerable. The goal should always be to strike multiple times if necessary, building enough pressure to disable the attacker and create a window for escape. Training the body and mind to continue striking after the first hit helps maintain control and increases your chance of stopping the threat.

Knowing the move is just the beginning. Practice is what makes it second nature. Working with a pad or heavy bag helps reinforce proper form, build strength, and develop reaction speed.

Starting at about 30% power allows

you to focus on technique before moving on to more intense reps. Gradually working up to 60% and eventually 90% power helps simulate real-world use while staying safe during training. Regular practice makes the movement more instinctive, which is crucial in high-stress situations.

The palm strike offers a safer, smarter way for older folks to defend themselves. It's powerful, easy to learn, and uses mechanics you may already be familiar with. While it's not a magic solution, it can be an effective part of a broader self-defense mindset—one that emphasizes awareness, repetition, and confidence in your own ability to respond. Whether you train with a partner or a bag, putting time into learning this move can make a real difference when it counts.

I've made a video for you that highlights the technique and some of the finer points we've discussed above. To watch the video, visit this link: <https://fearlessstreetfighter.com/palm-strike/>