# The 2015 Shemitah Survival Guide

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# Introduction: The Most Important Report You'll Read All Year

Dear reader,

Could a hidden 7-year cycle encoded in the Bible really be responsible for predicting the rise and fall of every nation in history?

And more importantly, could this Bible prophecy specifically predict the immanent fall of the United States ...

An "end times" event that will impact the lives of as many as 318 million Americans as early as September 13, 2015?

And could the world's most powerful organizations – from Fortune 500 companies, to the religious establishment, to Obama and the white house – be purposing suppressing this coming crisis from you, me and the rest of public?

The Bible—along with the History of the United States—provides chilling evidence this "end times" event is unavoidable ...

As you're about to see...

This 3,500-year-old promise from God may have accurately predicted the exact dates of great depression... the terrorist attack of 9/11 and the stock market fall of 2001 ... along with the collapse of Wall Street in 2008...

And practically every major economic and social disaster in United States' history ...

Given these facts...

Could this 7-year-cycle rooted in the power of the Sabbath now pinpoint a fast approaching date -- September 13th 2015 -- as the next great disaster...

One filled with a terrifying stock market collapse ... an economic recession... financial home based terrorism... world shaking natural disasters... and the end times for the American empire?

The answer may be buried in our sacred scripture—The Holy Bible.

You're about to see a grave warning to America, because we've abandoned the Godly principles our nation was founded on ...

In this special report I'm going to show you the compelling evidence ... what I'm personally doing to prepare ... and what you can do as well.

Many of the preparation steps I'll show you are 100% free. Others cost very little. But it's critical you know what's coming...and how to prepare.

But here's the most important part...

I can only SHOW you these steps. I can't make them for you. That's up to you to do. So please, after reading this today, take the first step to prepare you, your family, your wealth and your safety.

"Molon Labe!"

CALEB LEE

Caleb Lee

# Part 1: The 7-Year Cycle That Predicts The Rise and Fall of Nations

If you're a Christian, then you know that The Bible says "Six days you shall labor, and do all your work; but the seventh day is a Sabbath to the Lord your God."...

I, like most Christians, observe the Sabbath on Sunday each week ...

We go to church and avoid working on that day because it's a day of rest, meant to be spent worshipping and reflecting on all that God has done.

That's how we follow the Bible's command to "remember the Sabbath and keep it Holy" ...

And we know that when we obey God, we are blessed because His commands are always for our ultimate benefit ...

In fact, recent scientific research in the field of Chronobiology has discovered that our heartbeat, blood pressure, body temperature, hormone levels, and many other bodily systems, rise and fall in seven-day patterns—known as Circaseptan cycles.

What's more, all of these weekly conditions are dependent on a restful period of time every seven days ...

In other words, our bodies and our brains NEED a day of rest on a weekly basis in order to operate at their maximum capacity.

That's just one example of how God's commands have later been proven by science to be for our own good. And I think most Christians have no problem remembering the Sabbath and keeping it a Holy day ...

But did you also know that there's a Sabbath year?

In the Bible, the people of Israel were commanded to let the land lie fallow every seven years. There would be no planting, no sewing, no reaping, and it was as serious a command as the Sabbath day.

It's now a well established agricultural fact that resting the land every seven years is the best for the soil and that you get much better crops by doing so ...

But it wasn't only the land that was to "rest" every seven years—the economy was too ...

Deuteronomy Chapter 15 says ...

"At the end of every seven years you shall grant a relinquishing of debts. This is the manner of the relinquishing: Every creditor that has loaned anything to his

neighbor shall relinquish it. He shall not exact it of his neighbor, or of his brother, because it is called the Lord's relinquishment."

The exact date for when this was supposed to happen every seven years is known in Hebrew as Elul 29—the day right before Rash Hashanah on the Biblical calendar ...

It's known as the Shemitah year.

So what does this have to do with us today?

We both know that God's commands are to be followed because they are Biblical principles which have stood the test of time and are ultimately for our own benefit ...

And yet we also know that America has by and large forgotten the Lord's words ...

I would say it's obvious we have forgotten the Shemitah and failed to honor it as well.

So let's look at what happened to Israel when they failed to honor the Shemitah ...

By the end of the sixth century B.C. Israel had almost completely turned away from God and they worshipped false gods ...

Because of this, they had also failed to observe a total of SEVENTY Shemitah years by not resting the land or the economy for 70 years.

The number of years that Israel failed to obey the Shemitah is important ...

Because to judge Israel, God allowed the Babylonian empire to conquer and hold the Israelites in captivity for exactly 70 years—one year for each Sabbath year that they had failed to observe the Shemitah.

Now, we all know that God is not mocked (Galatians 6:7) and that his plans never fail (Proverbs 21:30) ...

So this meant that the Israelite's Promised Land was "rested" for the same number of years that the Israelites had failed to allow the land to rest as God had commanded with the Shemitah. (2 Chronicles 36:20-21)

In other words, when the Israelites disobeyed God – he not only judged them for their sin – but he also used the number of Shemitah years as the guideline for how long their judgment lasted ..

#### The Shemitah Cycle Is Deadly Accurate ...

Again, God commands ...

"At the end of every seven years you shall grant a relinquishing of debts."

And we know from the history of Israel, that when they didn't obey God's command to honor the Shemitah and let the land rest, God took matters into his own hands and allowed them to be conquered for the exact amount of time they had ignored the Shemitah ...

In the same way, it appears that God could be directing the fate of America so that the Shemitah cycle is honored in not only the US, but the Global Economy ...

Just take a look at the incredibly accurate timing of the Shemitah Year on finances, economies and empires in modern history ...

1901-1902 - 46% U.S. Stock market value wiped out.

1916-1917 - 40% U.S. Stock market value wiped out. German, Austro-Hungarian, Russian and Ottoman Empires collapsed. Britain, the world's greatest empire was almost bankrupt. The beginning of American to rise to world power. All during this one Shemitah year.

1930-1931 - 86% U.S stock market value wiped out in the worst financial crisis in modern history.

1937-1938 - 50% U.S. Stock market value wiped out. Global recession.

1944-1945 - End of German Reich and Britain's hold on territories. Establishment of America as the world's foremost super power.

1965-1966 - 23% stock market value wiped out.

1972-1973 - 48% U.S. Stock market value wiped out. Global recession. U.S. Voted to kill its unborn children (Abortion legalized). U.S. lost its first war - Vietnam...

1979-1980 - U.S. and global recession.

1986-1987 - 33% U.S. Stock market value wiped out.

1993-1994 - Bond market crash.



#### The 2015 Shemitah Survival Guide

2001 – Terrorist attacks of 9/11. Followed by the world's largest single day stock market crash in history.

2008 – Housing collapse. Lehman bankruptcy. A single day stock market collapse that surpassed the 2001 event as the world's largest destruction of wealth.

Fast forward another 7 years from 2008...

And we're in another epic cycle year right now. We're already seeing the dangerous and deadly signs...

The rise of a form of radical ISLAM the world's never seen... with ISIS beheading Americans and anyone else that gets in their way...

A terrifying increasing in school and public shootings here on our own soil, making Americans afraid to go out to malls and sporting events...

The cracks of a financial system build on debt and crony politicians...

The spreading of deadly diseases like EBOLA, and our increasing resistance to antibiotics that could soon usher in black plague unlike anything we've seen in a century...

Now, the cycle predicts an epic event to strike as early as September 13th of this very year...

So how do you prepare?

## Part 2: General Preparation Guidelines

There are a few important steps you must take in the upcoming months...

#### STEP #1: Get Right With God

Whether you believe we will see an economic crash this year or not, I'm urging you to get right with God now ...

The Bible says, "that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved;"

That simple little prayer is all it takes to accept God's free gift of salvation.

Once you do, you're now a Christian and following God is simple.

Jesus says ...

"... LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.' 38 This is the great and [b]foremost commandment.

The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.' 40 On these two commandments depend the whole Law and the Prophets."

This is the most important thing ...

To love God and love other people. To treat others the way you would like to be treated yourself.

And as you read your Bible and grow as a Christian, you'll discover other commands from God and how they allow you to live a happy, healthy, successful life like the command to work 6 days and keep the Sabbath day of "rest".

#### **STEP #2: Prepare Your Finances**

Did you know that money and possessions are the second most referenced topic in the Bible?

It's the subject of nearly half Jesus' parables, and according to my research, money is mentioned more than 800 times in scripture!

The first Biblical principle you must remember is found in Deuteronomy 8:18...

"Remember the Lord your God, for it is He who gives you the ability to produce wealth."



With so much talk of money in the Bible, I think it's important to point out the most MIS-quoted verse in the Bible that you hear today is Timothy 6:10—" The love of money is a root of all kinds of evil."

Many, many people have wrongly quoted this verse by saying that money is the root of all evil, but as you can see, money is not the problem; it's the love of money that's to blame.

In other words, the Bible teaches us to serve the Lord first and not money.

It's only if you're greedy and are willing to compromise your love for God or love for our fellow man in order to get more and more wealth—no matter who is hurt—that money becomes evil.

The Bible is abundantly clear that we should become faithful stewards of the wealth (no matter how little or how big) he has given us. In other words, we should prepare our finances ...

That includes saving and investing wisely.

Remember Jesus' parable of the wealthy master who went away on a long journey. In his absence, three of his servants were given a level of responsibility consistent with their financial ability.

When the master returned, he asked for an accounting of what they did with the money.

The first steward was given five talents, or coins. He invested and multiplied the coins and produced five more. He was commended for being a good and faithful servant. The master told him that, since he was faithful with a few things, he would be in charge of many things.

The second steward, who was given only two coins, produced two more. He, too, was commended for being faithful with little and told he would be given more because of it.

The third steward, who was given only one coin, chose to bury it and upon the master's return, eagerly showed him how he managed to hold on to just it. The master became angry and called him wicked and lazy ...

It's clear that there is plenty of sound financial advice found in the Bible ...

We are cautioned to save for the future, to avoid too much debt, and to be smart with our money.



There is obviously much more to say on this topic, and I'd like to show you how to get even more sound Biblical financial principles in just a moment. But first, let's talk about ...

#### STEP #3: Prepare For Disasters

The truth is that we don't know what will "trigger" the collapse that the Shemitah cycle shows is coming ...

It's never easy to tell.

Practically ANYTHING could happen by the end of 2015...

- Russia could team up with China militarily (like they're already doing financially) and decide to push back HARD against NATO (which really means they're pushing back at America)
- We will almost definitely see more and more riots throughout small town America—and this time the Police might team up with the Department of Homeland Security and use those 1.6 BILLION rounds of ammo they've been stockpiling against American Citizens ...
- The entire stock market could finally collapse because the National debt already passed \$18 TRILLION dollars it simply can't pile up forever ...
- And it's almost a sure bet that the Islamic State will continue to make more attacks on American soil

Any one of these things is a strong possibility.

It's my guess that we will see MORE than just one in 2015.

And that's just scratching the surface of what could go wrong!

Heck, even if I'm half right on any of these – they all have the potential to cause riots ... civil unrest ... shortages of food, fuel, basic supplies, there could even be bank runs and massive, wide-scale riots ...

#### STEP #4: Broaden Your Information Sources

A little advance warning can go a long way towards being ready when a crisis actually hits. While prepping is all about being prepared at all times for everything, the reality is that none of us are ever fully prepared. There's always something else that we can do.



If you live in a hurricane zone, you'll understand about last-minute preparation. When a hurricane is about to hit, people run out to buy flashlights, batteries, water and other necessities. Wal-Mart and other stores end up selling out in a couple of hours, leaving everyone else wondering what they'll do. It's only the ones who hit Wal-Mart before they sold out who end up getting what they need; and they end up being first, because they hear about it first.

The same thing applies to any crisis. Those who find out it's coming run out and stock up on what they think they need. Even though you and I are stockpiling for a coming crisis, we'd do the same, making that one last dash to the store, if we knew a crisis was coming.

There's nothing wrong with that and actually something very right. If you know a crisis is coming, there's no sense holding onto \$1,000 for a rainy day; that rainy day has just arrived. So instead of saving that money, it only makes sense to invest it in supplies which will help you through the crisis.

The trick is finding out about the crisis before everyone else does. That means finding news sources that they don't have. We can't really count on the mainstream media anymore, because they are acting more like the liberal propaganda arm, than any true new source. Anything that would reflect negatively on liberal politicians is ignored, even if it does mean that the American people end up suffering.

Of the mainstream news sources, the only one that isn't in bed with the liberal agenda is Fox News. This has gained them lots of respect from the general public. While no news source is totally reliable in this day and age, they have proven to be more reliable than others, which has made them the most trusted. With the lack of faith in our own news sources, one of the best ways of finding out what is going on is to look to news sources outside the United States.

England's BBC is one of the world's premier news sources and often knows about things that we don't hear about here at home. I first heard about the Fast & Furious scandal from BBC, not from any domestic news peddlers. I could say the same about a number of other things which have gone on under Obama's presidency.

The BBC also provides a much better look at worldwide news than any news service we have here at home. We are too inwardly focused, so we don't know what's going on in the rest of the world. The British aren't that way, so you can count on them knowing a lot more about what's going on worldwide.

Besides mainstream news, there are also the alternative media sources.

Fortunately, there are many of these to choose from. Unfortunately, they aren't all reliable. Many alternative news sources are giving commentary and making

rants, rather than news. Few have the resources to properly check the news stories they offer, which means that they could be putting forth totally inaccurate information, without even realizing it.

So, the only true way of gathering news and information to make your decisions on, is to use a number of news sources, comparing what they say with your own observations and what people you know and trust can tell you. While that isn't 100% secure either, it seems to be the best option we have available to us.

Remember, that repetition of a piece of news doesn't make it necessarily true. A lot of times these news sources will pick up a story and others will copy it. This is especially prevalent with alternative news sources. Once again, they don't have the resources they need. However, if you take every news story with a large grain of salt and look for confirmation, you are much more likely to find the truth than anyone else is.

By the way, watch out for "fact checking" sites like Snopes. They are just as politically motivated as anyone else and lean towards the left. While I might check to see what they say about something, I always ask myself if their take on it benefits the right or the left.

Police scanners are an excellent source of good information on a local level. While the news may be telling you a bunch of lies, the police will tell their own people what's going on. You can also program a scanner to pick up fire departments and other emergency services as well. Between them, you'll hear a lot of valuable information.

The more news sources you use, the more likely you are to find the truth too. While you will probably want to stick to mostly conservative news sources, sprinkle a few liberal ones in there as well. Their different viewpoint can help to clarify something that you hear about on the conservative ones.

#### STEP #5: Develop Your Contingency Plans

Each of us needs to have a plan for how we are going to deal with each potential danger that we face. While there may be considerable overlap between those plans, one general plan isn't enough. You see, when things go to pot in a hurry, you're not going to have time to think through what you need to do. Actually, there's a good chance you're not going to be able to think all that clearly anyway; so you need a written plan that you can follow, telling you the thing that you need to do.

This is no different than the contingency plans that military, police and fire departments create. They have planners who develop plans to be used for every emergency situation they can think of. That way, when the emergency strikes,

they don't have to think through what to do. It's much easier to think it through in the comfort of an office, when things are nice and calm.

These organizations keep these plans printed and filed in notebooks. When a crisis happens, all they have to do is find the right crisis in the book and follow the steps listed there. By doing so, they ensure that the most important things are taken care of, even if some things end up getting missed.

Contingency plans are most important at a command and control level. The commanders need to have those plans, so that they make sure the necessary safety precautions are in place, while they are trying to gather information and make sense out of the situation. The combination of activity and sheer panic make it very hard to think clearly.

One key element of any contingency plan is the trigger. What event acts as the trigger to tell you it's time to put that plan into effect. For a financial collapse, it could be the Dow Jones Industrial Average plummeting 200 points on Wall Street in one day. For a terrorist attack, it could be the first news report you hear. For an epidemic, it could be the first report of someone having that sickness in the city where you live. Think through when the critical time will be and create triggers that you will use to say, "Now we put our plan into effect."

The other thing that goes hand-in-hand with these contingency plans is training. Soldiers, firemen and police officers are trained to react in certain ways when certain things happen. In other words, if someone points a gun at you, you react in this way. Just like the contingency plans, the training ensures that they will react in the right way to the situation.

You can train your family in the same way, so that they will know the first things they need to do in the event of a crisis. Those first few minutes are critical, so getting them started in the right direction can make a huge difference.

#### STEP #6: Stay Forever Ready to Take Action

Since things are so unsure and there are so many risks all around us, we must remain ready to take action at any moment. Living in today's world has become a bit like living in the Old West, where one needed to be always ready for danger. Granted, the types of danger which we face are much different than the types of danger that they faced back then. They were dealing with short-term dangers, which could kill them. Today, we're dealing with much bigger dangers; and while they may not kill us, they could destroy society as we know it.

When things go wrong, you've got to be ready to react instantly. How fast "instantly" is depends upon the type of crisis you're faced with. A terrorist shooting up a shopping mall gives you about one tenth of a second to react. But



a financial crash might give you a few days. In either case, the longer it takes you to react, the more danger you'll be in.

Don't be afraid to overreact. I think this is one that's going to hurt a lot of people. They won't want to look paranoid, so they won't take action as soon as they know something is wrong. Because of that, they'll miss that golden opportunity to get an early start. Instead of bugging out before the crowd or getting what they need for the store before everyone gets there, they'll be right in the middle of the crowd, kicking themselves for not having moved sooner.

Why are you worried about taking action too soon? About the only ones you'll look like a food in front of are your kids. Nobody else is going to know what you are doing, as you are going to maintain your OPSEC and keep everything a secret. If things turn out okay, you can tell your kids it was a practice run.

Your readiness should manifest itself in the physical things you do to ensure that you are ready to deal with a crisis. Carrying an everyday bag or get-home bag is a good indication of being ready for a crisis to strike. So is getting a concealed carry permit and carrying a gun with you at all times. While you don't want to be operating in fear, you do want to be ready.

#### **STEP #7: Get Your Preps Together**

All of us have our favorite areas of prepping, as well as areas that we don't pay much attention to. Unfortunately, it's those areas that we don't pay attention to that are most likely to reach out and bite us when things go wrong. That's when we'll start bemoaning our "bad luck" for having those problems.

In reality, it's not bad luck, it's lack of preparing. Instead of doing what we should have, we put off some important areas of our prepping, thinking we'd get to them later. Well, later is right around the corner, so it's time to brush those projects off and get to work on them. That way, you won't have to regret not having done it. I realize that prepping is a sacrifice; it is for everyone. We all have other things we would much rather do with that time and money. Preppers tend to give up vacations and entertainment that other people spend money on, because they are spending that money on prepping. Well, when everyone else is hurting and your family is taken care of, you'll be glad that you had invested that time and money in your preps.

Is there anything you could do to accelerate your preps, without causing any major problems for your family? I'm not talking about making your family sacrifice more than they already are; that's not the idea. I'm talking about things which could make it easier to get your prepping done, without your family having to sacrifice.

I recently hired a man from church who was out of work to do some work around my house. He didn't know it, but the work he was doing was actually part of my prepping. Since I hide my prepping work as other things, he didn't make the connection. But by hiring him, I was able to get several projects ready, which I hadn't found time in my schedule to complete.

Speaking of projects; if you have projects which you have been planning on for "once everything breaks down," I'd recommend starting them now. Lots of preppers are planning on planting a vegetable garden or putting in a chicken coop, once things fall apart. The problem with that is that it takes time to learn how to grow vegetables and chickens. If you wait to learn until you need to use that to feed your family, you might end up going hungry. That's not a very good plan.

Start those projects now so that you can use the time before a crisis hits to learn how to do it productively. I'm not a natural gardener, so I've been working on learning how to garden for two years. I hope to be a pretty good gardener before my family needs to live off of what my garden produces.

#### STEP #8: Pay Off Your Home

One thing you rarely hear mentioned in the prepping community is the need for being debt free. As long as you owe on something, it can be taken from you by your creditors. This leaves a lot of people in very dangerous straights, especially if there's a financial collapse and they aren't able to pay off the note.

Not being able to pay for a car or for the furniture is bad enough; but for most of us, our biggest debt is our home. Losing one's home in the midst of a crisis could be tragic. It would leave your family with nowhere to go. Without your home, everything else you have done to prepare for a disaster will be for naught, as you will probably lose all of it.

There are a number of strategies around for getting out of debt. I realize this is a big step to be trying to take, but it is one that you should really consider. Don't just dismiss it out of hand as being beyond your means. Perhaps there is a way for you to pay off your home, even if it means downscaling to a smaller home.

Another option is to have a paid-off survival retreat that you can bug out to. This may not even have to be your own property. If you are part of a survival group or have a family member who lives out in the country, you could build a survival retreat on their property. That way, if worse came to worse and you lost your home, you would at least have someplace to go.

If you are working together with several families to form a survival group, you might consider buying some land together. Be careful about this, as you don't want to incur more debt. I'm talking about buying some land that you can afford

to buy together. Then, each family could put a trailer or small survival retreat cabin on the property, as each had the means to do. By working together and looking for land that isn't commercially very attractive, you could create a workable survival retreat rather inexpensively.

#### **STEP #9: Prepare Your Investments**

If you have any money left over, after all the expenses of prepping, you need to consider carefully what you are going to do with that money. I'm not only talking about money you might have in a savings account somewhere, but retirement funds as well. Many people have some retirement savings through a company that they are working for or have worked for in the past.

In the case of any major financial collapse, those funds will be essentially worthless. The money is probably invested in mutual funds, which will lose their value. Even if the Stock Market doesn't crash, high inflation will eat up the value of those funds.

My wife has been a teacher for a number of years. She stopped teaching and we were forced to take her retirement out of the teachers' retirement fund. Rather than put it into another IRA, we moved it all into precious metals. Ultimately, that will serve us much better, especially if there is any sort of economic collapse. The problem with that is that you have to pay taxes on any money that you take out of a retirement fund.

The way they work is that you don't pay money on the funds when they are taken out of your paycheck, just when you withdraw them from the IRA. Since most people have lower incomes during retirement, that makes for a net savings in taxes paid.

The most reliable investment in any time of financial crisis is precious metals. Generally speaking, when money goes down in value, gold and silver go up in value. So, if we enter into a hyperinflationary cycle, like many are predicting, the only sure investments will be precious metals, real estate and essential items.

We are hoping that if the country enters into a hyperinflationary cycle, our gold and silver are going to increase in value enough that we can sell it and pay off our home. That way, we'll have our home free and clear, without any creditors being able to take it away from us.

If you don't feel you have enough money to invest in gold, then consider silver. Silver is much less expensive than gold and some experts are saying that it is a better investment, with higher returns.

Another good thing you can invest your money in is food. I know that may sound a bit ridiculous, but let me explain. Food has been going up an average of 8.5%

per year. So, let's say you buy \$1,000 worth of food today and put it away for a rainy day, just like most preppers do.

If the inflation rate of food stays at 8.5%, in five years that food will be worth \$1,503.66. So if you eat it in five years, you will theoretically have a touch over 1,500 dollars you can use for other things. If inflation in general doesn't keep up with the inflation rate of food, you'll be able to do more with that money than you can now.

Considering that the "official" inflation rate has been between 1% and 1.5 percent and that the interest paid on savings accounts have been down under one percent, investing in food is a much better investment. Actually, it's an investment that is earning about as much as most mutual funds, but without the associated risk.

Another way of looking at that food is as barter goods if there's a financial collapse. When Argentina had their financial collapse, food became scarce. Local barter groups started up, trading food and other necessities. So, while there is still some risk involved in investing in food, it is one of the surest investments you can find.

Now that we've covered the basics, let's move on to the real "graduate level" things you can do.

What you're about to read are ALL my secrets, tips and techniques that I've published to my inner circle readers over the past 12 months...

**NOTE:** These were compiled over time. They're meant to be used individually. They're written in different articles for easy consumption and action.

Flip the page to get started...

# Part 3: Graduate Level Prepping Solutions

# Chapter 1: Getting Ready with Guns

If you've been a reader of mine for a while, you know I've always preferred metal guns. And my daily carry has always been my trusty Sig Sauer P225 (P6 if you want to get technical, it's an old German Police gun).

Anyways, the reason I always preferred metal guns was because I HATE Glocks.

Or ... uh ... well ... I used to hate them.

When the Glock 17 first came out decades ago ... If you remember, it was on the cover of EVERY gun magazine. All the stories talked about how it NEVER jammed! Torture tests of 1,000's of rounds and mud baths, and all kinds of abuse and they never jammed.

My dad figured "hey, if I want a gun to protect the family, I should get the most reliable one possible" -- so he saved up and bought a Glock 17 when he found a good price at a gun show.

(You should know that I do NOT come from money. My Dad is the quintessential hard American worker -- always had at least 2 jobs when I was growing up).

#### \*\* A Glock That Jams?

I was so small, and the Glock 17 1st generation grips were SO big and blocky, that almost every time I fired it -- it jammed! That's because the polymer frame makes the gun light, plus a loose "limp wristed grip" will make any gun jam.

At a local gun club though, I could shoot the Beretta 92F with no problems (no jams) and even did some pepper popper (steel plates) and bowling pin "competitions" somewhat well for a pre-teen at that time.

(The same thing happened when my mother would shoot the Glock by the way, for the same reasons).

So, that combined with the fact my dad couldn't get the sights he bought adjusted right -- he eventually sold it. I got a Beretta 92F when I was older. And my dad got the Taurus that looks just like the Beretta.

Beretta was a great gun, and even though the grip was STILL too big for my hands--I could shoot it reliably and accurately.

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Then, I once got the chance to shoot a Sig Sauer P225 as a young man, and that gun fit my hand the BEST at that age, so I promised myself when I got older I would buy one. So I did. And that's my "metal gun" love story ...

#### \*\* The Glock enters my life again ...

So I'm shooting with my buddy AC at the range a couple months ago and he has his new Glock 19 Generation 4. I shoot it. The grip feels REALLY different.

WTF is going on?

So it turns out -- after what two decades lol -- that Glock finally offered their Gen 4 guns in a Short Frame (SF) configuration out of the box -- reducing the grip by a small amount, and you can ADD included backstraps to the gun to make it a bigger grip if you want.

As it sits in the box, the Gen 4 G19's handle is more slender than the Gen3, decreasing the distance-to trigger by .08" (it actually feels WAY smaller now).

Should the grip feel too small, you can add either a medium or a large back strap that's included in the box. The medium attachment adds .08" to the handle, bringing it back to Gen3 dimensions. The large back strap adds an additional .08" to the handle, making it suitable for you giant pawed people out there.

Anyways, this was the first time a Glock felt GOOD in my hand. Dare I say it ... as good as my Sig P225.

And the Glock is actually slightly SMALLER than the P225 (the Sig was state of the art "sub compact" in the 80's or 90's when first designed ... nowadays not so much) making it easier to conceal.

Plus it weighs less (important for a carry gun)... and this is the big thing ... it comes out of the box with standard 15-round magazines.

So it's smaller, weighs less, has almost exactly DOUBLE the capacity of 9mm (Sig has 8 rounds, G19 has 15) ... I had to face the facts ... it is the *logical* choice.

#### And lastly, the new Glock 19 Gen 4 actually LOOKS good.

I have always HATED the way the blocky Glocks looked ... but ... this new Gen 4 look is growing on me.

So after shooting it ... researching it ... and having the Glock 19 Gen 4 on my radar for a couple months I saw a great private sale package that I couldn't pass up. (I got a GREAT deal on the gun (with trijicon HD night sights), plus two sets

of holsters, a magazine pouch, a surefire weapon light, 6 magazines, and some more stuff I can't remember via a private sale.)

Anyways, that's my Glock story, and I'll be talking more about them (and the accessories) in this report.

## Chapter 1, Article 2: Bladetech IWB Klipt Holster for Concealed Carry (my No-Holds-Barred review)

Now you know that I picked up my first Glock -- a Glock 19 Gen 4.

I also said this:

"I saw a great private sale package that I couldn't pass up. (I again got a GREAT deal on the gun (with trijicon HD night sights), plus two sets of holsters, a magazine pouch, a surefire weapon light, 6 magazines, and some more stuff I can't remember via a private sale.)"

Which means I was not in the unfortunate position of a lot of new gun owners -- with a gun and no holster!

From the get go, I had two good holsters:

- a Crossbreed supertuck deluxe with combat cut (inside the waistband)
- a Raven Concealment Phantom holster (outside the waistband)

Which are actually REALLY nice holsters (and I'll probably review them later).

But I decided I wanted to try a new holster for the Glock Gen 4 because since I started concealed carrying a few years ago I've been experimenting with different body positions for carrying--one of them is appendix.

#### Why do you NEED a Holster?

For your information, I would NEVER recommend putting a gun in your pants -- what they call "mexican carry" style (not my name for it!) without a holster.

Especially if you have a Glock (or any other gun with no "manual safety").

Why?

You will probably die from shooting yourself.

In my opinion, one of the criteria for a handgun holster -- especially for concealed

carry and super, uber important for a gun like a Glock with no external safety -- is to have the trigger guard completely covered.

And almost all modern holsters do this -- so you have no excuse not to have a holster that covers the trigger guard.

#### Why the BladeTech IWB Klipt?

As I said, I was looking for something I could slip "on and off" quickly, that was inside the waistband (IWB) and could be used for appendix carry.

I decided kydex was a MUST -- trigger guard had to be completely covered -- and after a little research found this gem on Amazon -- an older model from BladeTech



BladeTech IWB Klipt Appendix Holster for Glock 19

Here's some reasons I gave it a shot:

- Kydex
- Cheap (less than \$30 from amazon)
- 4 star rating (check it out)
- Cheap and would get to me in less than a week!

That last part is important ... On the one hand, more custom holster makers is a good thing. On the other hand -- the good ones (like crossbreed mentioned above) -- might take **months** to get you your holster because they're so backed up.

So if you ever buy a new gun, and you need a holster right away, you're "stuck" with the mainstream brands like BladeTech who you can find in most outdoor stores.

(So I figured this would be a good review for you if you ever wanted a solid holster and needed it ASAP ... or you just honestly want a "good cheap" holster.)

#### My review of the BladeTech IWB Klipt Appendix Holster?

#### \*\* Overall? I like it ...

It's a good holster for the money you pay. Understand, you're paying less than \$30 for this thing -- and I think it fits that criteria really well.

If you go to Wally World or some other box store you could get maybe a cheaper nylon holster, but the problem with those is if you ever draw from your holster to practice drawing from concealment at the range -- your holster will *collapse* and you will have a hard time getting the gun back in it for your next draw (unless you use both hands).

You really should have a holster that stands on its own and you can re-holster one-handed (as a side note: most training classes require this!)

- \*\* **Sturdy and Retention**: So it's kydex, its sturdy, you can draw and it stays clipped on the belt and doesn't come out with the gun -- and it <u>securely</u> locks in the gun (you can turn your holster upside down and the kydex holds it!)
- \*\* **Comfort:** It is slightly lower rated here for me ... mainly because I was carrying it AIWB (appendix inside the waistband) -- which I have been experimenting with lately because of the comfort.

Problem with this holster -- is the area behind the back of the slide -- actually covered in kydex kind of rubbed me wrong in the lower abs. Not sure if that's just me and my body type or a flaw of the holster though (your mileage may vary).

I am also going to look at it and see if it's something that can't be Do-It-Yourself fixed or made more comfortable.

\*\* **Durability:** So I've only had this thing for about a month, and to be honest, most of the time I wear my crossbreed super tuck when I go out. But like I said

I've been trying this appendix, but I simply haven't beat on it long enough or hard enough yet to say whether it's gonna last.

I do know the only "weak" point in the design I see now (and what will PROBABLY break in the future) -- it's the <u>clip</u>.

In fact, I think this is an OLD model because BladeTech redid the cliip design on their new "AIWB" holster model you can find direct on their website.

#### What's the no-holds-barred Bottom Line?

If you need a cheap holster you can pickup FAST either online or at a retail store -- a BladeTech IWB will probably be worth it for you!

It's definitely the way to go if you're waiting on your "custom" kydex holster to get made and delivered to you, etc ...

It's a good quality holster at a very cheap price (just Google "custom kydex holster" and see what a good kydex custom holster runs these days) ...

Also, if you ever do IDPA or IPSC or any "shooting sports" -- BladeTech is a company that has many "approved" holsters for those sports (again, at a fair price, you can order and get in a reasonable time) -- so they definitely seem to be making a good impression on the marketplace.

And I will continue carrying with it and putting it through its paces.

In the meantime, like I said, Amazon has a great price on these -- and you can find the one for your make and model handgun (they do all popular brands) by searching there.

Here's something else you're going to need...

## Chapter 1, Article 3: Weird little "plastic thingy" absolute MUST for any shooter (gear review)

Recently I found myself in the middle of some intense multi-day firearms training.

While there we were doing handgun training all day and the instructor had us shooting hundreds of rounds over the all-day class ...

That meant LOTS of running back and forth to your gear to "load up" your magazines.

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The lady next to me was having the same problems I've seen practically *every*female I've ever taken shooting have. No, she was not a bad shot -- she was shooting *great* (like almost every female I've ever seen at the shooting range) -- **she was having trouble loading her mags.** 

What's more: while I can load mags with pure muscle memory at this point ... after 8 hours on the range ... firing hundreds of rounds ... my thumbs and fingers were getting rubbed raw.

### Simply put, loading 1000's of rounds in your shooting career can be a PAIN (literally!)

That's why if you shoot, you absolutely MUST get this "weird" little plastic device that will make all your range trips more enjoyable (and once the lady in your life learns how to use this -- she will love you for it!)

#### The Mag Lula Universal Pistol Magazine Loader



The downsides of loading mags have been known for some time. That's why modern handguns like Glock usually throw a simple plastic "loading" device in the new gun box to at least take some of the wear and tear off your thumbs.

The Mag Lula is the absolute pinnacle of magazine loading devices though!

#### PROS:

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- \*\*\* Universal (works with all pistol magazines)
- \*\*\* Speeds up and saves your skin/hands/thumbs/fingers
- \*\*\* Makes filling magazines easier because you just squeeze
- \*\*\* Compatible with 9mm, 10mm, .357, .40-, and .45-caliber mags
- \*\*\* Works with single and double stack pistols-Again-universal
- \*\*\* Only about \$30 bucks!

#### CONS:

\*\*\* Only ONE: learning how to use it and the rhythm takes a couple tries. After that you'll LOVE it!

#### The Bottom Line?

You *have* to get one of these!

Look, here's how awesome this thing is:

<u>Click here to see the 4,980 reviews on Amazon</u> (at time of this writing, by the time you read this, there will probably be more) -- it has a **4.9 out of 5 star rating!**That's so close to perfect as to not even matter ...

And these things are flying off the shelves because everyone loves them.

Look at these reviews **ALL published within just 24 hours:** 

#### "A Must Buy"

"First thing I bought after my handgun purchase. Best money I've spent. Most magazines are notoriously difficult to load. This makes the range more fun." -- Posted just 8 hours ago by Ij

#### "The only loader to own!"

"Fast loader and easy to use. There is a very short learning curve to this loader and then it will become indispensable. I bought one for my wife and daughter." -- Posted 11 hours ago by cpwutah

#### "Save Time and Avoid Pain"

"This tool actually works exactly as advertised. I guess I am getting old. I could barely load a six round clip without wrecking my thumb" -- posted 16 hours ago by william wetherell, II

Seriously, ALL those reviews were FIVE STARS and came in during the last 24 hours -- if you don't have one of these magazine loaders you are MISSING OUT!



<u>Click here to see for yourself on Amazon and get you one</u> There's really not much else to say. (best price I've found, as almost always is right there on Amazon).

## Chapter 1, Article 4: Caleb's #1 Handgun For Every Day Carry (And the winner is...)

"Caleb, what do you use for every-day-carry (EDC?)"

It's a question I get a lot from readers.

Just how does one pick the RIGHT handgun for every-day carry (EDC), not to mention defense of self and home?

Well, there are a few "wrong" answers. And there are some guidelines that, if followed, make the task of self-defense easier.

Let's cover those guidelines...

First, decide if you want a revolver or an autoloader. A semi-auto is a pistol that loads itself (hence the term "auto-loader") and fires once every time you pull the trigger (hence "semi-automatic").

That means you'll see pistols referred to as both "autos" and "semi-autos" when in fact we're talking about the same thing. An automatic gives you more firepower than a revolver, usually.

It's faster to reload, it's usually flatter in profile, and there are probably more options on the market among autos than there are among revolvers.

A revolver, by contrast, is arguably more reliable, simpler to use, and easier to leave loaded and untouched for long periods of time.

While chunkier and harder to carry, its operation is more intuitive for some users, which makes it a good "starting gun" when training. If you like a heavier caliber, revolvers are typically a better platform for these, especially in "Magnum" loads.

#### \*\* That, of course, brings us to caliber.

Any caliber you can shoot accurately and well, in a gun you will actually have and keep with you, is better than any theoretical caliber in a drawer or safe at home.

A good rule of thumb in a self-defense pistol is to stay away from anything smaller than .380 ACP. This is generally the smallest "concealment gun" caliber

that the gun experts will tell you is adequate to put down an assailant.

But people are killed every year with smaller calibers. You just have to be a little more careful with your shot placement and how many times you pull the trigger. The smaller the bullet, the more times you'll probably have to put a bullet in the other guy to make him stop doing what he's doing.

This is where the .22 caliber "zipper" technique comes from. You empty your magazine of .22 Long Rifle into the target, walking bullets across his vital area, in the hopes that one of those greasy little rounds will do the trick in concert with its brothers.

That said, for a "carry gun" there is no reason to go below .380. And with modern JHP (Jacketed Hollow Point) ammunition -- the ballistics of the .380 are very similar to the next round up in size ... the 9mm now days.

#### \*\* In an automatic, the nine millimeter is a good compromise.

It has very light recoil and reasonable power. What's more: you generally get a lot more rounds of 9mm in a magazine, giving you more chances to actually hit whatever you're shooting at.

The .45 is a bigger, fatter, slower bullet, which tears a larger hole but also has more recoil and tends to penetrate less deeply.

Once you get beyond those two old stand-bys, theres the .40 (arguably a good compromise in pep and size between the two) and then some of the revolver rounds.

In a revolver, especially a .38 Special snubnose, you can load +P rounds (if the gun is rated for "plus pressure) for added knock-down power, or you can upgrade to .357 Magnum, which has great ballistics and offers excellent stopping power from a medium sized revolver (something with, say, a four-inch barrel).

You can shoot .38 Special from a .357 Magnum revolver, and you can shoot .44 Special from a .44 Magnum revolver. Both give you the option of "throttling down" a big round to something a bit more manageable. The .44 Special is a lot like a .45 ACP. Even .44 Magnum is manageable, but it's probably more round than you're likely to require. Still, big bore rounds like that give some folks comfort.

The key is to try a few different handguns and choose the one that offers YOU, personally, the best combination of recoil, control, and ease/comfort of carry.

Across those options, carry the biggest caliber you can, in the gun that gives you the most capacity possible (i.e. rounds of ammo) comfortably.



Then just make sure you use your weapon often enough to verify that it is reliable. Keep it clean, practice with it often, and do your homework.

Choosing a daily carry and defensive firearm is as easy as picking a handgun from those elements.

#### So what's the right answer...?

Well, it's a trick question. There IS no right answer for everyone. There's only a right answer for YOU.

## Chapter 1, Article 5: My new pocket carry gun and pocket holster (pics inside)

So ... I almost forgot to tell you about the newest member of my family here ... my brand new Ruger LCP .380 handgun!



Well, "new" to me at least. I bought her used from a fellow Virginian and she came with a few extra mags as well (4 total to be exact, 2 of which are useful).

**Quick tip:** when buying extra mags, in general, avoid "Pro Mag" magazines or other "cheap" mags. Only go with factory magazines to be sure they work--the magazine is a critical part of modern guns that can easily fail. When I was checking it out and asked the seller how the mags all worked, he said: "well, of

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course the pro mags suck, but the other two feed fine and reliable" and that's usually what anyone with experience will say.

Anyways, I'll cover ...

- \*\*\* Why I felt the need to buy ANOTHER gun (even though I already have a concealed carry handgun)
- \*\*\* Why I chose a .380 (GASP!!!)
- \*\*\* My thoughts so far and ...
- \*\*\* the specific holster I'm using with this little guy

Let's get started ...

Well, let's start with this one first ...

### \*\*\* Why I felt the need to buy ANOTHER gun (even though I already have a concealed carry handgun)

I'll start here because this is an explanation that I've practiced MANY times in order to tell my wife (I'm half joking).

But the truth is my Concealed Carry handgun has always been a Sig Sauer P225. It's Sig's old single stack 9mm that they don't make anymore. Mine is actually a used police version from Germany designated the P6 (story all in its own).

Anyways, it's basically 8 rounds of 9mm in a somewhat compact package. At least "compact" for a handgun made in the 1980's. I bought it because it fits my hand like a glove, I like metal guns, and it's reliable as all get out.

So here's the thing ...

- 1. Compared to modern 9mm guns like the S&W Shield, the Sig really is NOT that small for the capacity ... but more importantly ...
- 2. I don't work a "normal" job or routine.

I'm lucky enough to work from home and as such, I don't have a normal time that I take a shower, get dressed every day and put on the "clothes I'm going to where when I go out of the house". (I basically start working as soon as possible after I get up in the morning).

Which means, most times, when I run out of the house, I'm quickly dressing, etc.

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And I'm ashamed to admit, I've run out of the house more than once without my gun because it was a hassle to put on the clothes, put on the gun belt, mess with my holster, check myself in the mirror, etc ...

Call me crazy, but I try to be efficient with my time and sometimes all that was too slow for me.

But I really believe in carrying as often as possible and the more I thought about it the more I realized I needed another gun I would carry more.

Specifically, I needed a "pocket gun" that I could throw in my pocket as I went out the door so there would be NO excuse for not carrying anymore.

Which brings me to ...

#### \*\*\* Why I chose a .380

This really comes down to two reasons:

- 1. Because I needed a pocket gun, and maybe it's just how big I am or how tight my pants/shorts are -- there are no "true" pocket guns in 9mm that fit me.
- 2. Because I finally determined the old line "the best gun is the one you actually have on you" meant more to me than having the optimal caliber (9mm is my preference).

Further, I figured with modern hollow points the 380 round would have the stopping power I wanted.

In fact, the 9mm used to be called the "9mm short" because it's the same diameter as a 9mm just the casing is smaller (hence less gun powder, less force in the bullet). Check it out:





#### .380 ACP

#### Luger 9mm

We can talk the best ammunition to buy for a .380 carry gun at another time because it's beyond the scope of this article, but suffice it to say, there are a good amount of JHP (Jacketed Hollow Point) rounds that will reach the FBI standard 12" of penetration and fragment nicely while doing it.

So in conclusion, I think the 380 will do its job for me ... which I can summarize as:

6 rounds of SOMETHING is better than 0 rounds in a gun fight.

#### \*\*\* What Do I Think So Far?

So far ... I love it.

I simply can't believe how small this little guy is.

It simply disappears in my pocket.

Well, that depends on the clothing, but at most it looks like the front pocket wallet I carry in my left pocket if it "prints" at all through clothing.

(there's nobody in the office right now but I'll have someone take pics of me carrying it later so you can see).

I took it out shortly after I got it (and before I started carrying of course) to test it out and shoot it.

I fed a box and a half of regular ball point ammo through it with no malfunctions, and then half a box of the hollow point ammo I had on hand (I didn't have much ammo that day, so I cut the "test" short, but I feel confident it's reliable).

I could easily dump the whole mag (6 shots) inside a chest size target up to 7 yards or a little more (point shooting range basically) even though the sites are basically almost non existent because they're so low profile.

#### \*\*\* My Pocket Carry Holster

So here's the thing, to make sure you don't have an accidental discharge, it's a good idea to have a pocket holster.

And to not put anything else in that pocket if you're carrying a gun there.

Some quick searches online and I found a great holster on my FIRST try (ha! that's a 1 in a million shot if you ask ANY concealed carry guy!)

#### Check this pic out:



First off, the gun fits in there really snug.

Second, you just drop it in your front pocket and the little "L" shaped thing at the end near the barrel will snag the corner of your pocket as you draw making sure that you only draw the pistol when you go to grab it from your pocket (and not pull the holster out with you).

Lastly it's made of a "anti-slip" neoprene thing that really sticks to your clothing that helps keep it in place and keep it in the pocket if you draw the pistol.

It also breaks up the outline of the pistol well enough that people might be able to see a bulge in your pocket but it looks like you're carrying a cell phone or a big wallet or something (not a pistol).

Best part?

I got it on Amazon for LESS than \$20 -- can't beat that!

Click here to check it out on Amazon -- 4.6 out of 5 star reviews!

Next, let's move on to one of my favorite 2015 survival topics...

#### Chapter 1, Article 6: Shotgun Myth Busters Part 1 (you won't believe this!)

It is the all-powerful, wall-shattering, body-vaporizing "boom stick" of television and the movies.

It can carve a door from the side of a home, blow bite-sized chunks from steel, and fold a man in half before throwing him across the room.

It is great and terrifying, loud and profound.

It is the **shotgun**....

... And everything you've heard about it is probably wrong.

We're tearing down the myths. Come join me...

#### MYTH #1: You Don't Have To Aim

Shotgun manufacturers bear some responsibility for the widespread belief that shotguns don't need to be aimed.

It is, after all, a smoothbore weapon, and thus inherently less accurate than a weapon with a rifled barrel. The typical no-frills pump action or double-barreled shotgun has a bead front sight and no rear sight to speak of. There may be a sight channel along the top of the gun, but this isn't exactly what you'd call a high-precision system.

Nonetheless, if you're going to shoot accurately, you do have to aim. This means sighting down the barrel or barrels and doing your best to put your slug or shot payload on the target.

Without a choke tube (what we call "cylinder choke"), shot from a 12-gauge doesn't spread very much at the ranges at which a self-defense encounter occurs.

This means that there's little practical advantage to using shot over using deer slugs (more on ammunition later in detail). A slug from a 12-gauge will put a hole the size of a quarter in the target.

Double Aught Buck (00 Buckshot) — often considered the "gold standard" for self-defense stopping power — contains nine balls that are each about the size of a nine-millimeter bullet. In practice this looks a lot like chucking a handful of bullets at the target and hoping you don't hit anything you didn't mean to hit.

If you load shot instead of slugs for self-defense, be aware of the collateral damage you could cause if all the component balls don't enter (and stay in) the target. Of course, it goes without saying that a twelve-gauge slug will penetrate pretty deeply at close range. You can punch one pretty much through-and-through the average premanufactured trailer home.

Later, I'll cover your choice of ammunition for home defense because—as you're beginning to see—it matters WAY more than you probably thought.

The point I'm trying to make here is the one thing you CAN'T do when it comes to shotguns is just kind of wave your shotgun in the general direction of the bad guy and pull the trigger.

That's a formulate for failure. Unfortunately, a lot of shotguns get sold these days with pistol grips and no shoulder stocks. It's extremely hard to hit anything with a shotgun like that, at anything other than extreme close range.

So when you have a pistol-grip-only shotgun, you are immediately cutting the effective range of that weapon to the length of a very small room. This amounts to not aiming if your target is any farther away than that. (If you've got it in your mind you're going to hold the weapon up to eye level, please check YouTube for videos of people punching themselves in the face with their own shotguns and other firearms.)

The point is: you have to aim a shotgun, even though its useful range is shorter than that of a weapon with a rifled barrel (such as a carbine like an AR-15).

#### MYTH #2: Just the Pump Sound Will Scare Him Off

Advocates of the pump-action shotgun for self-defense will often cite the deterrent effect of racking the pump. That fearsome sound, they tell you, will stop the enemy dead in his tracks, much like the red light of a laser sight on his chest might.

The truth is:

It might ... but don't count on it.

I forget the exact number, but anyone that has read enough NRA reports of armed citizens defending themselves with guns quickly realizes something – most of the time the armed citizen simply has to show they are armed. They never have to fire a shot and the would-be criminal simply runs off!

That's great, and the same thing might very well happen for you with your home defense shotgun when you rack the action—and I pray that it does—but we don't train for the best case scenario, we train for when we have to defend our lives plain and simple.

People who believe this is true often say that it is the reason cops use pumpaction shotguns on patrol.

I hate to say it, but the reason cops use pump-action twelve-gauges is because pump-action twelve-gauges are simple, reliable, and relatively cost-effective. More progressive police departments issue carbines like the AR15 to their police officers.

The shotgun, or any firearm, might give you or me reason to wonder if we should change our behavior, if it was pointed at us. But pointing a shotgun and then racking the pump, much like racking the slide on a handgun, can also be seen as a provocative gesture.

One of the reasons that carrying with a round out of the chamber (Israeli style) is not always viewed positively for handguns used in self-defense is that racking the slide can be seen as escalating the conflict.

Think about it:

You're confronting a guy who was trying to break into your house. You tell him to stop right there. He stops... and you rack the slide or the pump of your

firearm. He may take that action as the indication you are about to kill him, and he might just come right at you in the hopes of stopping you so he can live.

Now, this isn't to say that racking the pump might not scare a bad guy. It all depends on how reasonable he's feeling. You just shouldn't base your choice of firearm on this very unreliable notion that you're going to scare people with it.

The bottom line is: If you're going to point a gun at somebody, it had better be because you are justified to shoot if you do go through with the act.

You should never use your gun like a magic wand, waving it about in the hope that it will alter people's behavior simply because it is a gun.

#### MYTH #3: You Should Pimp Your AR-12-Gauge

A frequent criticism of people who accessorize the Kalashnikov pattern rifle (AK-47 and variatns) is that they hang too much plastic crap on it, trying to turn it into a Russian-made AR15.

The reason this is silly is that the two are very different rifles.

The AR15 is sleek, accurate, ergonomic, and relatively fragile compared to some other guns. The Kalashnikov is durable, sloppy, and the opposite of ergonomic (right down the charging handle being on the wrong side of the gun because it's part of the bolt).

Turning it into a look-alike of the AR15, complete with a multiple position stock and rails on every conceivable surface, just makes it try to be something it isn't.

The same is true of people who try to turn their shotgun into an "assault rifle".

If you look, you can find just about anything by way of accessories, and you can hang these all on your poor, unsuspecting pump gun.

That includes the aforementioned multiple position stock, a pistol grip, a foregrip, rails everywhere, multiple optics, a laser, and any number of other things.

But these accessories, after a certain point, just become a distraction. Many of them are solutions in search of problems, too: The typical AR15-style stock, on a shotgun, doesn't make it more comfortable, and in fact makes it less so to shoot.

The same is true of some models of folding stock. If you are going to hit anything accurately at moderate distances, you're going to want the shoulder stock out,

and some of those folding stocks are like a sharpened piece of cement next to your shoulder.

Avoid the temptation to keep putting new accessories on your shotgun. The pump shotgun is useful because it is simple. Don't overcomplicate it.

#### MYTH #4: "Get a Shotgun, Get a Shotgun, Get a Shotgun"

By far the worst advice ever given to the public on the topic of shotguns was given by Vice President Joe Biden.

I can't say this with more emphasis: Joe Biden is a moron.

The man decided, like liberal Democrats so often do, that he was an expert on firearms.

Then he used the bully pulpit of his position to lie to the American public and spread misinformation, all in the name of telling people that they didn't need to buy an AR15 because AR15 rifles aren't good for self-defense.

Now, the opposite is true, especially for women: The ergonomic and relatively low-recoil AR15 is perfect for a female home defender. It has enough firepower with standard magazines to get the job done even against multiple opponents, it's accurate, it's easy to handle even if your hands are smaller, and the weapon makes it easy to track a target for follow-up shots.

Biden, though, basically said that it was shotguns, not the AR15, that were best for home defense.

Repeating himself like a mental patient, he whispered in a creepy voice, "Get a shotgun. Get a shotgun." Then he told anyone listening that if they thought they heard an intruder, they should go outside and, with their trusty-double barreled shotgun (a two-shot weapon) they should fire a "couple of blasts" into the night.

That, concluded a beaming, idiotic Biden, would scare off anyone who might be thinking bad thoughts, thus saving the defender.

If you know anything at all about firearms, you know this is advice only a mentally handicapped person could offer. It isn't just stupid and ignorant; it's *reckless*.

In most states, even firing a deliberately aimed warning shot will put you in jail.

Shooting at nothing without aiming, heedless of the consequences and without giving any thought to what or who you might hit, is the stuff lawsuits are made of.



If you followed Biden's advice, you would be LUCKY to be arrested. You deserve to be sued and ruined forever, because that's the kind of nutty behavior with a firearm that gets innocent people killed.

So let that be a lesson to you: When you take the ignorant, made-up firearms advice of "experts" who happen to be liberal Democrats, prison is your BEST outcome.

It goes without saying that the shotgun is not a noisemaker that scares people away.

It is a deadly weapon and you must use it only when you are both legally and morally justified to do so.

That means ignoring anything a liberal politician has to tell you about selfdefense with a gun.

#### The Cold, Hard Facts

If you are shopping for a home-defense shotgun, you basically have two choices: a pump action or a double-barrel.

The advantage of double-barreled shotguns is that they are even simpler than pumps (and thus more reliable). You can buy some home-defense models that have integral rails, too.

These are ugly as sin but you can mount flashlights to them. In a home-defense long gun, a flashlight is a great thing to have, because it is difficult to hold a flashlight and a shotgun at the same time.

Having a compact two-shot shotgun with a flashlight and possibly some sort of red-dot optic system is not a bad choice at all for home defense.

For greater firepower and more versatility, however, a pump gun is best.

Of course, as you may know, my whole "crazy" underground business didn't start by talking about pistols. Or shotguns.

Instead, it all centered around one product – the Underground Assault Rifle System. So let's get into my personal favorite... the AR.

### Chapter 1, Article 7: The Best Tactical Accessories for your AR-15

If you have an AR-15, or you are in the process of "acquiring" one -- then you know there are countless options when it comes to accessories for your rifle.

Most people just buy what looks "cool" without any thought to form, function or actual tactical usefulness.

If you want to know the accessories that are actually worth your time, then read on...

A running joke among shooters is that some gun owners will mount everything and the kitchen sink to their rifles, resulting in weapons so overloaded with gear that they're heavy and awkward.

There aren't that many accessories you truly have to have for your rifle. Out of the box, a stock AR is a very effective rifle.

The following are two accessories you might consider, however, some of which are more important than others.

#### **Accessory Rail:**

You can't mount accessories at all if you don't have accessory rails. Consider changing out the forearm on your AR to a model that has accessory rails if you don't already have them.

There are some clamp-on accessories for the AK that mount a few rails forward of the forearm, for mounting flashlights or even a foregrip.

#### Foregrips:

Picture a 1920s-era Thompson gun. It has the round drum magazine deemed too bulky and noisy for warfare (which is why US troops used stick magazines during World War 2). It also has a grooved vertical foregrip. The weapon is iconic of the era. But have you stopped to think about that foregrip?

The fact is that it's easier to shoot a weapon if both of your hands are positioned in roughly the same way. You should, therefore, install a foregrip on your AR-15 if it is possible to do so.

#### Where to Get These Accessories?

Almost every gun shop sells AR-15 accessories now ... and ... they carry a lot of brand names. Which to choose?

It's up to you of course. I will say that many, many people like the company Magpul.

A very popular Magpul product is the **Magpul MOE Furniture Set** as shown below:



As you can see, you get the complete upgrade with this one purchase. A good butt stock, comfortable hand grip, a solid handguard with the MOE vertical foregrip that I was talking about (that you can detach on and off if you like or don't like it).

You can even pick up the whole set from a trusted online retailer like Brownells for a little less than \$85 bucks (at the time of this writing).

#### BONUS: 3 more "must have" AR-15 accessories

Remember, there are (literally) THOUSANDS of accessories for your AR-15 that are available ... but ... you only want to pay for and put on the ones that help you the most.

That's what we'll cover right now ...

Let's jump right into it ...

#### Flashlight:

Mount a flashlight on your weapon. It's very difficult to manipulate a flashlight while also handling a rifle. Mounting the light directly to the weapon solves this problem.

Avoid any light or laser system that includes a cable attached to an activator switch, however. These cables can snag on things and get broken or ripped out, rendering the light useless.

Instead, choose a light whose switch is still part of the body of the light. Whenever possible, mount the light at six-o'clock position, under the rifle, so that it can be activated with either hand.

#### Magazines:

You need extra magazines. Buy a bunch of 30-round magazines (as long as they're legal where you live). You can either get the metal, GI style 30-rounders or a lot of people like the Magpul 30-round mags. Along with this, a good purchase is a "mag pouch" to carry at least two of these extra mags if you need it.

#### Rifle Sling:

If you put a sling on your rifle, make sure it is a 3-point or a single point sling. These will make sure that you have optimal carrying ability and you can still bring your rifle to the ready position as quickly as possible.

#### Summary ...

Those are just some of the accessories you can use.

Remember, it's not about how many "cool things" you can stick on your Rifle, it's about finding out what you personally NEED to make it better for self defense.

Think efficiency, not "collect it all!"

### Chapter 1, Article 8: Add This Specific Gun To Your Arsenal While There's Still Time

If you could only have one gun, which one would it be?

(I'll pause and let you think about your answ	er)
•••	

It makes for a compelling mental exercise if you ask yourself what you would carry if you truly needed it in a given scenario.

I'll show you what I'd do. And what I'd suggest any of my friends and family do, too. Let's get started...

First, you consider a survival scenario. You won't always be able to hunker down in your well-equipped survival retreat with your vault full of guns and your stockpile of ammunition.

"Survival" implies a certain flexibility.

You may be at home, with the hatches battened down, sure, especially if the problem causing an emergency is civil unrest or a temporary power outage.

But what if you're called on to use your survival skills because a wildfire is forcing an evacuation? What if a flood or some other natural disaster is bearing down on you? What if your government mandates an evacuation for one of any number of reasons, and all you can have with you in terms of supplies and equipment is what you can carry?

Realistically, you're going to be able to carry a long gun, maybe two if you're feeling youthful. More than that just isn't going to work out unless you want to struggle to move and wear yourself out guickly.

You may think you can "cheat" these limitations by carrying a handgun or some sort of short-barreled weapon, such as a handgun fitted into a personal defense weapon stock (essentially producing a short-barreled rifle or even a semi-automatic "submachinegun" envelope).

The problem is that "survival" firearms needs aren't usually "combat" firearms needs...

Combat takes place at relatively short ranges, especially in urban environments.

That is where any sort of short-barreled weapon shines.

But "survival," especially survival in any sort of long-term capacity, implies longer

distances. You may need to hunt game; you may need to fend off hostile parties from a distance.

"Survival" also implies you'll be alone or working with a small group of fellow survivors. You'll be outnumbered by the myriad hostiles you could face, from government forces to looters to rioters and other citizens who want what you could be carrying.

What all this adds up to is that, yes, you may well be carrying a pistol or personal defense weapon, but that's your fighting and self-defense tool, not your survival weapon.

Your survival weapon is a long-range tool, a means to reach out and get someone or keep someone off you.

Survival weapons can also be used for long-range destruction of personal property.

You may be wondering how this is a "survival" function at all, but it may be the case that you need to make it more difficult for people to track you or for authorities to intercept in you a full-blown, collapse-of-law-and-order emergency. In that case, your survival weapon can be used to strike everything from cameras (a particularly pesky issue these highly monitored days) to electrical transformers and a variety of other equipment.

So now that you know you should be carrying a long gun, what's the best long gun to have?

(Again, I'll pause for your answer...)
...

Now, you might choose to go with a shotgun as your general-purpose survival weapon. The shotgun has a lot to recommend it...

A good pump-shotgun is very simple and readily available. In a time when there are more and more unconstitutional gun laws hemming in your ability to purchase and own a firearm, pump shotguns offer decent firepower that is usually quite legal (given the pump shotguns traditional standing as a hunting weapon, one of the few firearms the political left will still grudgingly allow you).

A typical pump gun holds five rounds or so, which is more than enough firepower



for limited engagements.

At relatively close ranges, the shotgun has great knockdown power. A variety of loads are available for it, including "specialty" rounds that let you tailor what the weapon is supposed to do (such as busting door locks).

Realistically, though, there are only two loads you should be considering in a twelve-gauge pump gun...

The first is double-aught (00) buck shot, which is basically nine metal pellets (each of them about the size of a nine-millimeter bullet without the cartridge case).

The second is deer slugs, which are just a single heavy projectile. If you've ever shot a deer slug through plywood, you know it makes a hole about the size of a quarter.

At closer ranges the fearsome power of either load should be obvious. (Every other load is a waste of your time; bird shot and other lighter shot don't penetrate deeply enough for self-defense use, which is why the fellow Vice President Dick Cheney accidentally shot in the face didn't actually die from getting hit.)

This is why the twelve-gauge shotgun is so well-regarded as a home-defense weapon. It puts immense power and moderate range in an affordable, legal, durable, and reliable package that almost anyone can own.

But here's the thing...

As the distances get longer, the shotgun looks less desirable as a survival weapon.

The farther the distances get, the more 00 buck shot will spread. This means that if you're shooting at a target that is near anything (or anyone) you DON'T want to shoot, you have no real idea where the pellets are going to go. Even if you have taken the time to gauge different shooting distances and work out the spread zones for each, this is still just a guess.

You can compensate for this problem by loading only slugs, or carrying slugs with the weapon (such as on a sidesaddle or in a bandolier sling) and loading them for when you anticipate needing them.

#### But this brings us to the other problem of shotguns...

They are very loud, and if you are using your weapon to destroy equipment in order to foul pursuit by enemy forces or compromised authorities, your long-term-survival or "bug out" situation could quickly become an active pursuit. The same

is true if you are using your survival weapon to hunt game. The boom of a shotgun will give away your position for a long way around.

Before ammunition shortages and skyrocketing prices made the lowly .22 Long Rifle hard to find, it was the easiest thing in the world to recommend a .22 Long Rifle weapon for all-around survival.

Provided you take care to stockpile ammunition, this is still the case.

A good .22 can handle all the basic utility, hunting, and even equipment destruction needs you might have while surviving, evading pursuit, foraging in hostile territory or non-permissive environments, and even fighting off enemies. While not the most powerful defensive round by a long shot, the .22 LR still takes more lives on an annual basis (or it did, domestically) than any other round simply because it is (or was) so common.

A .22 enables you to carry a lot of ammunition in a relatively small space with low weight requirements. It has long range, is relatively quiet (and can be made more quiet with subsonic ammunition and improvised silencers), and can be very accurate, which is desirable in a survival long arm.

You want to hit what you're aiming at and nothing else, and you want to be able to do this without drawing too much unwanted attention.

A good all-around semi-automatic choice for a .22 survival rifle, which does everything we've described and more, is the Ruger 10/22.

These are common, accurate, and very well made. Models on the market now include a take-down version that breaks in two for easy storage and transport. Equipped with a scope, the Ruger 10/22 is capable or excellent accuracy, which makes it ideal for small game, but also gives you ten quick shots with which to take down an adversary.

With factory rotary magazines, it is quite reliable. A five-round magazine is available for those states that have draconian magazine limits, too.

Finally, if you have made the decision to carry a .22 Long Rifle survival weapon, there is one more weapon you might choose: The Henry .22 Lever Action.

This rifle has a tubular magazine that holds a great many .22 rounds, but that it is not the weapon's primary advantage. What makes the Henry a great choice is that it can fire .22 Short, .22 Long, and .22 Long Rifle.

That means that even in times of ammunition scarcity, you can find some sort of .22 ammo that will fire in your gun. .22 Short is also a great caliber for taking small game and shooting practice rounds while making very little noise.

Finally, in a survival weapon, you could choose to upgrade to what is considered by some to be a glorified "varmint gun" anyway -- the AR15 platform.

The 5.56mm / .223 round this weapon fires (and please be careful when selecting ammunition, because the two are not necessarily interchangeable depending on the weapon) does everything that the .22 Long Rifle does, but with longer reach and greater power. This makes it a better compromise if you're worried about engaging hostile forces or taking heavier game than the .22 Long Rifle can reliably kill.

The tradeoff for stepping up to a .223 from the .22 LR in a survival weapon is noise and ammunition capacity. You can't carry as much ammo with you for the AR as you can for the .22 LR. The weapon is also louder, raising your profile in a survival setting.

Regardless of the platform you choose, always keep in mind your intended purpose...

Your survival gun and your combat gun aren't necessarily the same thing. Choose your weapon accordingly.

So you've got your gun...

Now what?

Let's cover that next.

### CHAPTER 2: Sharpshooting In The New Year

"DON'T snap the GUNS."

If you've ever stepped into one of those old gun shops, the kind run by an old guy with a gun on his hip, you've heard the words above...

In fact, there's a very good chance you have pre-programmed into your skull the notion that dry-firing is BAD.

Maybe you're just superstitious, in that way that those of us who learned to shoot in the seventies and eighties tend to be. You know; you're firmly convinced that ball ammo cycles more reliably in your autos, you've actually contemplated the use of "slide grease," and you firmly believe that dry firing will snap the firing pin in your gun (unless it breaks something ELSE).

Well, to a certain extent, this is true, but it's true of only certain guns.

I'll show you why you may want to ignore those old growls you used to hear. And why it may just save your life. Let's get started...

If you've got a pot-metal, mostly-zinc Saturday Night Ring of Fire Special in your arsenal, like a Raven .25 automatic, then yes, you don't want to dry fire the weapon any more than you have to. (You actually have to pull the trigger on an empty chamber in order to disengage the striker on the gun, or you can't disassemble it.)

With a gun like that, if you spent a morning cocking it and pulling the trigger on an empty chamber, there's a pretty good chance you could break that cheap firing pin, yes. This is true of other cheap guns as well.

Now let's look at the other end of the spectrum. Say you've got a Glock, which is another striker-fired gun. If that gun is used at, say, a training academy, and it gets used day in and day out, and thousands of rounds go through it, and trainees are dry-firing the crap out of that thing day in and day out, then yes, eventually, something's going to break.

The reality of modern firearms is squarely in the middle of those two extremes. A well-made, brand-name, modern firearm can be dry fired for practice now and again without doing any major damage to the firearm.

Dry-firing lets you practice drawing, presenting, and pulling the trigger on your

carry gun. It lets you feel what the trigger break is like. This type of training, while it doesn't include the recoil of the actual shot going down range, can be invaluable in familiarizing you with your weapon... and with your sights.

If you're serious about self-defense with a handgun, you should spend enough time staring down those sights that you memorize what they look like -- every flaw, every scratch, every bump in the finish and every dimple in the paint.

Dry firing familiarizes you with your weapon and how it feels, what it weighs, how it handles when you manipulate it, and everything else about carrying and using it (EXCEPT for actually launching a shot). Most importantly, dry fire practice costs absolutely nothing.

Your weapon, provided it is of good quality from a reputable manufacturer, will endure a moderate amount of dry firing. You shouldn't do it all day every day, of course, but dry-fire practice with your weapon once a week shouldn't harm it anytime soon.

You should strive to make regular dry fire practice part of your training regimen. Work it into your routine. Do it at the same time every week. You'll see real benefits if you do. But dry fire practice isn't just playing around, snapping the trigger of your weapon. There are specific drills you can do to hone your skills through using dry fire.

We will give you one of them here...

#### Safety First. Every. Single. Time.

First, check your weapon to make sure it is unloaded. Remove the magazine, check that, and check the barrel with the slide locked open and your finger in the chamber. Once you have prepared the empty weapon, repeat the process and work the slide back and forth a few times. When you're all done checking the gun to make sure it is unloaded... CHECK IT AGAIN.

The idea is that you want to make your dry fire practice as safe as you can. Keep all live ammunition out of the training area. If you practice magazine changes, make sure you have individually checked all magazines to ensure they are empty... and don't have any loaded magazines anywhere near your training space.

When you choose a spot to train in, choose one that has a natural backstop. That is something that can safely absorb bullets. Natural backstops include things like major appliances (your refrigerator, for example) or, say, a potted indoor plant with a huge pot full of dirt. You can also buy backstop pads that are designed to stop bullets.

When dry-firing, remember that your gun is not a toy. It is still a deadly weapon, and all the rules that would normally apply still do apply. That means that wherever you point that weapon, the barrel should not cover something you are not willing to destroy.

You NEVER engage in dry-fire practice with another person, for example, no matter HOW many times you have checked the gun to make sure it is safe. It only takes one negligent discharge, one "freak accident" that nobody saw coming, to ruin everything for everyone forever.

#### **Dry Fire Drill 101**

Now, let's get to a basic, progressive dry-fire drill. Wear the holster you would normally wear with your carry gun, and position it on your body as you normally would. Most importantly, wear the clothes you would likely be wearing on a day-to-day basis. Don't change into something that makes it easier for you to draw the gun.

If you're going to practice with a real, unloaded weapon, you should make the conditions as close as possible to what you will experience under stress.

Choose a target that will be the simulation of your enemy. If that target is humanoid in shape, so much the better. (The topic of targets for dry fire drills could take up an entire issue on its own. We'll address this in the future.) You want to be drawing and firing (well, triggering) at a consistent point each time until you get the first part of the drill down.

When you start your dry-firing practice, just drill drawing, presenting, and pulling the trigger from a neutral, natural stance. There's no need to get fancy. Just practice getting your cover garment out of the way, if applicable, then putting the gun on target and pulling the trigger when you get there.

You can vary your distance to the target, once you're comfortable with drawing, presenting, and pulling the trigger. Remember that the closer you are to the target, the more likely you are to be shooting from retention. That's something your instructor will have to give you. Obviously, if the target is right on top of you, you don't want to be shoving your gun into the guy's chest and inviting him to wrestle it out of your grasp.

It helps to be able to practice drawing, presenting, and triggering your gun from different positions, too. Once you've mastered doing this from a standing position, try it sitting down in a chair. You can get up from the chair and then draw, or you can draw while sitting (simulating sitting in an automobile).

If you can find a safe place to park your car with safe backstops around you, you could even practice drawing and deploying your gun while seated in your actual

automobile, but that is very risky. There is a good chance someone could see you unless you are locked away in a garage, and if someone sees you drawing and pointing a real firearm, they might call the police out of alarm.

#### Shoot Or No-Shoot Drills ...

In more advance stages of this drill, you could try drawing, presenting, and triggering your weapon at a random signal. This means a signal that you yourself do not make mentally. When you choose when you draw and fire, you are mentally prepared. Action beats reaction. In a real-life self-defense scenario, however, you do not usually get to choose the moment you'll need a firearm. That moment is inflicted on you by someone else. It is chosen by your aggressor, and you react to it to save your life.

There are multiple ways you can simulate a "shoot or no-shoot decision" from outside yourself. The simplest way is with a partner. You simply have a training partner (who is well out of the path of your weapon and its barrel) call out, "Shoot!" or something similar.

You can make this more complicated, and require more decision making on your part, by having that training partner voice the part of an aggressor. (Do NOT let the training partner get in front of your weapon. They're just providing a voice from "off camera," so to speak. You could have the training partner game out a conversation in which someone approaches you on the street acting suspiciously, asking for the time or a cigarette or five bucks.

When the training partner indicates that he or she is attacking ("...NOW I'M COMING AT YOU WITH A KNIFE!") then you would draw and fire, or you could draw and fire at any point during the scenario (and then find out from your training partner if that was the right call if you've just shot an "innocent" person).

Dry-fire practice helps you train many of the critical aspects of shooting. It doesn't help you train EVERYTHING, of course, but it does help you hone many important skills. It costs nothing, it can be done safely and without damage to your weapon if done in moderation, and it allows you to engage in a variety of scenarios that help you develop your shoot/no-shoot decision-making skills. This is why dry-fire practice like this progressive drill is so important.

## Chapter 2, Article 2: Remember these guns from childhood? They may just save your life...

I still remember the first time I opened a gun magazine and read the term "airsoft…"

At the time, the technology wasn't quite defined for the masses; the "airsoft" guns in that magazine fired a kind of marking projectile, rather than the little plastic BBs we're all accustomed to now.

The guns were reasonable realistic and some were full-auto. The article was about how this new "airsoft" technology could be used for training law enforcement and military personnel, giving them a way to simulate their weapons that was better than an unwieldy Nel-spot paintball pistol.

The fact is, however, that a quality airsoft gun is NOT a toy; it can be, when used in conjunction with realistic live firearms training, a very good way to fill in the gaps.

What do I mean by filling in the gaps? And how could this save your life? Let me explain...

What I mean by "gaps" is that there are things an airsoft gun can't do for you. If you understand the limitations of these stand-in weapons, however, and you tailor your training to take advantage of these while remaining realistic about them, you can enhance your overall training regimen.

First, while you don't need much more than a spring gun, you do need a highquality model.

What this means is that the cheap gun-shaped airsoft pistols that don't have much in the way of realistic features, magazines, or operation should be left on the shelves of big-box discount stores where they belong.

A decent spring gun will have a magazine release where the magazine goes. It will have decent sights that simulate the sights on a real handgun, and it will have realistically sized (and, if you're lucky, weighted) magazines. (I have one that also has a slide stop. If you lock the slide back and insert an empty magazine, the slide will stay back unless you release it. If, on the other hand, you insert a magazine with a pellet in it, the slide will go forward if you just run it like you normally would.)

If you use accessories like a mounted light, your airsoft gun should have strong, realistic rails that work just like the real thing.

You can, of course, upgrade to an even more realistic airsoft gun, like a gas gun, but it doesn't matter.

For our purposes, we just need a gun that is reasonably accurate in terms of sights and controls, which will also put a pellet downrange. That's how we take advantage of the gaps I talked about. Let me explain, finally, how you do that.



#### **Benefits Of Airsoft Training ...**

Dry-fire practice gets you familiar with the actual trigger pull of your gun. It lets you practice drawing, presenting, and breaking the trigger on that gun. But what it doesn't tell you is whether you're jerking the trigger or actually managing to send shots downrange with anything resembling consistency.

With your airsoft gun, practice with the holster you would normally use (as you should pick an airsoft closely matching your carry gun if at all possible). If you can't match the gun exactly, use the same type of holster with similar retention. Get into your shooting stance, draw your weapon as you normally would, and engage a stationary target. Ideally, this target should be made of paper.

You can cut a hole in cardboard box and tape paper over it to make a quick-anddirty trap target for collecting airsoft pellets. You shouldn't reuse the pellets because they might deform after firing, but cleaning up preemptively saves a lot of trouble from spouses or roommates who trip over the little pellets

Make sure your paper target has an actual mark on it that you're shooting for. Make the target a face and shoot for the "eye box," for example. The idea is that if you cannot learn to draw, shoot, and hit accurately and consistently using a weapon that has NO recoil, you will never be able to do so with a weapon that fires rounds.

Once you've gotten good with stationary targets, try varying them. You can't really set up moving targets, but what you can do is place a number of targets around the room and try engaging different ones at different times and from different positions and angles. Can you draw, present, and shoot without jerking, flinching, or otherwise screwing up?

These skills can then be taken to the range and adapted to live fire. At first, you may not see a real improvement, but trust me, if you get really good at pulling a no-recoil trigger consistently, that will become the skill of pulling the trigger of a real pistol without jerking. Your airsoft training will thus reinforce and facilitate your live training.

This is really the whole "trick" to enhancing your dry fire training with airsoft. You've got to do it in conjunction with live fire, and with a mind toward your ultimate goals. As long as you keep all that in perspective, you WILL succeed, and the training you do -- whether at home, at the range, indoors, outdoors, with blue guns, with empty firearms, with airsoft guns, with laser training guns -- will all build one to the next to reinforce what you are trying to accomplish.

Your goal is to become a solid shooter, someone who can engage targets under stress with consistency and accuracy. This isn't all there is to defensive shooting, but you can't do any of the rest of it without this vital foundation.

#### Where Can You Guy a Good Airsoft Gun?

Once again, I think Amazon.com is a good solution.

Why?

Because you can look at various airsoft guns, see the reviews from other people, and how it held up for them. You can get a little feedback on quality and such.

So I've been researching what makes a "good" airsoft gun better than the cheap ones you get at big box stores ...

In fact, in my last NRA instructor class, a defense contractor (spent a lot of time overseas in middle east hot spots) told me he highly recommended the newer, mostly metal, blowback airsoft guns for training in your house. Told me he would of laughed about it 5 years ago, but now they're so realistic he uses them to practice clearing his house, etc

#### Which Gun To Get ...

Here's something really cool now: most of the big gun manufacturers have "licensed" their design to airsoft pistol companies.

So what does that mean:

- 1. If you have a popular hand gun, you can train with a similar airsoft model
- 2. It should fit your normal holsters, etc
- 3. Which should overall make you even more proficient with your real handgun!

I did some searching for you...

I have a Beretta pistol, so for more it would make sense to find a similar airsoft pistol to train with. So I first found this electric airsoft Beretta:



Beretta 92 FS. Electric. Takes Batteries. Magazine and slide function like a normal gun. Less than \$34 with Amazon Prime shipped!

And I also have a couple of Sig Sauer hand guns ... and they have a REALLY high quality Sig Sauer P226 -- Full Metal -- Blowback that runs off CO2:



#### Sig Sauer P226. Full Metal. CO2 Gas Blowback.

Lastly, I don't have one, but I know many people LOVE their Glocks. I couldn't find a Glock replica, but this seems to be pretty close. In some of the comments people compared it to your standard G17 (Glock 17, the "original" Glock):



Metal Glock 17 "clone". Realistic weight. Not too pricey.

So the point I'm making here is that there are plenty of Airsoft guns out there, and at varying price ranges. The more expensive ones--around \$100+ -- should get you a very realistic training aid.

#### You Can Even Get "Full Auto" Airsoft AR-15's!

If you really want to step it up ... you can even get a "full auto" M4 replica (M4 is the military code for the shortened M16 rifle, the civilian equivelant is the AR-15. Much like M9 is the military code for Beretta 92 handgun).

The description said you can fire semi-auto or switch to full-auto. It's electric. One 5 star review said this "is the best entry level M-4A1 available".

So if you have an AR-15 but don't get to go to the range to practice much, this might be worth looking into as well (Great price too!)



Full Auto AR-15 Airsoft Gun. Click to check it out (great price for what you get).

Hope that helps you find an airsoft gun that will meet your training needs.

As you practice your skills, there's one thing you won't be able to do without in a true survival situation...

And that's ammo.

In 2014 we saw some serious ammo shortages. So let's move on to another loophole I know you're going to love...

## Chapter 2, Article 3: 11 Simple Steps to Make Your Own Gunpowder (without the FEDS ever knowing)...

Although most Americans don't know this, gunpowder can be made at home too.

Actually, what you can make is black powder, not today's modern "smokeless powder." Black powder doesn't have as fast a burn rate; so will provide a lower muzzle velocity, but in an emergency it is usable.

Here's how to do it...

To make black powder, you simply need to follow these steps:

1. Finely grind potassium nitrate (otherwise known as saltpeter), charcoal and sulfur.

- 2. Mix the powdered charcoal and sulfur at a ratio of 60% charcoal to 40% sulfur. Be sure to mix thoroughly.
- 3. Chill 600 ml or 2-1/2 cups of rubbing alcohol for every 100 grams of the charcoal/sulfur mix you are using.
- 4. Measure out 300 grams of potassium nitrate for every 100 grams of the charcoal/sulfur mix you are using.
- 5. Heat 40 ml of purified water to boiling for every 100 grams of potassium nitrate you are using. Dissolve the potassium nitrate in the boiling water, stirring continuously.
- 6. Slowly stir the charcoal/sulfur mix into the boiling water, mixing it thoroughly with the potassium nitrate.
- 7. In a well ventilated area, pour the boiling mixture into the chilled alcohol in a heat resistant bucket or pot. Stir together thoroughly.
- 8. Chill this mixture to 32oF or 0oC as quickly as possible. The faster it chills, the more potent the black powder will be.
- 9. Once chilled, filter the mixture through a piece of cheesecloth, squeezing to remove as much liquid as possible. If you don't have cheesecloth, any piece of cloth will do. Wear rubber gloves to protect your hands.
- 10. Spread the resulting wet material out on paper to dry in the sun. Do not dry all the way, merely to the point of being slightly damp.
- 11. Press the damp powder through a wire screen or sieve to remove any lumps. It is useful to have several different sizes of screen, so that you can filter it through finer and finer levels. Finer powder will burn more evenly.
- 12. Spread the finished black powder in the sun to dry fully. Store in a sealed container to keep moisture out.

Since this is homemade black powder, you have no way of knowing ahead of time exactly what the burn rate will be. You will probably need to use more of it in your cartridges than you would of commercially available smokeless powder.

Some experimentation will be required to find a good charge for your cartridges.

Be careful about this, working your way up to a good charge, rather than starting high and working your way down.



One precaution you need to be aware of with black powder is that it is corrosive when fired. So always be sure to clean your guns after firing rounds loaded with black powder. Failure to do so will cause pitting of the barrel.

Give it a try. I think you'll be surprised how satisfying it can be...

### Chapter 3: Everything You Need To Know About Knives

Knives are one of those tools and weapons that EVERYBODY has. But the sad fact is this: **Most people have the WRONG knife**...

And a knife that won't work when you need it to, or which is unsuitable for the task at hand, might as well be at home in a drawer...

That's why I'd like to show you how to choose the right knife for Everyday Carry (EDC.) Don't worry, it doesn't have to be hard or confusing.

Let's get started...

#### STEP #1: Fixed or Folding?

The very first thing you're going to have to decide is if you will carry a fixed blade or a folding knife.

Here's the basic rule: Fixed blades are stronger than folding knives. And because they do not have to be opened, they are easier to deploy under stress.

The problem is that legally, a fixed blade knife is less likely to be seen as a utility tool. Folding knives have a long tradition as "pocketknives" and are therefore more apt to be accepted as having some non-martial, utilitarian purpose.

When choosing your knife, the choice of fixed or folding is really up to you, and you can probably make a case for either unless there are laws where you live that make the choice for you.

If you do choose a folding knife, though, make sure it is a reputable brand-name make and of decent quality, with a lock that is strong enough not to fail when you need it most.

#### STEP #2: Choose The Right Size

Next up you're going to want to decide on the size and length.

The bigger your folding knife is, the more impractical and the more "weapon like" it's going to become. Choose a size of knife with which you are comfortable and that fits within the role you have selected for your knife. But the biggest factor on

deciding on length will be the law.

What you'll find is that trying to determine the exact law where you live can be very frustrating. Most knife laws are so vague that they allow a police officer to arrest you or at least harass you for carrying almost anything.

To learn the law, check your state's penal code (these are often found online, these days; there was a time when you had to schlep your way to the library and look this stuff up in the law books there). Also check for local/municipal restrictions wherever those are located.

But here's the important thing to remember...

Do <u>NOT</u> ask a police officer, as police officers generally do not know the letter of the law.

#### **STEP #3: Choose The Right Blade Pattern (Very important!)**

Next up is the blade pattern. And pay close attention here, because this is very important.

Blade pattern simply refers to the shape of the blade.

A lot of basic bushcraft and survival/utility knives are drop point blades. This just mean the point of the blade is offset, resulting in a blade with more utility than, say, a spear point (which looks exactly like you think it does).

Spear points and drop points are fairly useful for general utility and self-defense. There's nothing notable about them, really. These are the blade shapes that are simplest.

Wharncliffe blade shapes have a nice, straight edge that is easy to resharpen. They curve down from the spine to the tip, producing a curved forward shape that isn't as useful for stabbing and penetrating as some other designs.

The clip-point is your classic Bowie knife pattern. It looks like a knife that has a piece lopped out of it at the front, producing a needle-sharp tip and a nice curved belly for slicing. These are excellent for self-defense and generally fairly useful for survival knives.

The tanto blade shape is based on the edge of the Japanese sword, and is most frequently encountered as the Americanized Tanto. This was popularized (but not invented by) Cold Steel. In the Americanized Tanto, two edges meet to form a secondary point. This is bad for slicing (it has no "belly," or curved portion, for cutting) but very tough and strong, so it penetrates reasonably well. It's also easy to sharpen, and the secondary point is useful for scoring and utility chores. This

is almost always a pattern associated with self-defense, not survival.

There are other blade shapes, but to generalize, an EDC knife used for utility and self-defense will generally give you the best results in a spear-point, drop-point, or clip-point.

An EDC knife used exclusively for self-defense can easily be an Americanized Tanto.

A bushcraft blade or a medium sized knife used for survival will typically be a drop-point or clip-point blade pattern. There are always exceptions and your mileage may vary, of course.

#### STEP #4: Plain or Serrated?

Here's the gist of the plain vs. serrated debate:

Serrations are typically of limited value on a survival/bushcraft knife. So if you're looking for a knife for one of those situations, opt for a plain blade in one of those almost always.

On the other hand, serrations are good for carving through clothing, though, and for grabbing a loose, hanging piece of work like a rope or a cloth.

Plain blades are easier to resharpen. Serrated knives can also be resharpened, but you have to use a sharpening rod to hone each scallop of the serrations individually.

Serrations will keep on ripping even after a blade goes dull, but they really do add maintenance time to the knife, and they make it harder to keep it clean.

I generally prefer plain edges for ease of resharpening and maintenance, but I've never not bought a knife simply because it was partially or completely serrated.

So there you have it – four easy steps to make sure you're prepared in any situation with the right EDC knife.

# Chapter 3, Article 2: Basic knife handling for self-defense (using your pocket knife)

A knife is a very powerful weapon and can really go a long way toward stacking the odds in your favor. Whether you are facing someone bigger and stronger than you, or facing multiple opponents, a knife makes it possible for you to do more damage with less work than is required with your bare hands alone.

That is why a weapon is called a "force multiplier." It is like a lever, amplifying the force of human effort.

In our previous issue we also discussed the fact that carrying a knife doesn't make you special. Everybody and his uncle has a knife.

They're easy to get and they're easy to carry.

Given this, it makes sense to carry a knife. As long as you can do so legally, you are almost obligated to have a good blade on hand.

Why wouldn't you? It takes no real effort except rearranging your pockets, and it needn't cost you more than \$40 to \$50 USD for a good-quality, name-brand tactical folding knife.

As we discussed before, my new favorite pocket knife (and also a favorite of the Navy SEALS) is the Kershaw Emerson designed CQC-7.

There are some basic guidelines for knife handling ...

Follow these guidelines and tailor them to your specific needs, your specific mode of dress, and how you conduct yourself on a day to day basis. Everybody's situation is different.

What is the perfect combination of knife, clothing, and deployment for me will be different for you, and so on.

Let's get into it ...

#### \*\* Carry Close to Center ...

This will depend on the features of your knife. With the Emerson Wave feature of the CQC series of knives for example -- it's made to be clipped towards the rear of your pocket so that you can deploy the blade by simply drawing the knife out of your pocket ...

All other pocket clip knives, carry it as close to the centerline of your body as possible. This means that if you do clip it to your pocket, don't clip it to the rear of the pocket. Clip it toward the front.

When you are positioning any knife, the closer it is to the centerline of the body, at the front (not the back), the more easily you can grab it and draw it.

If you want to prove this fact to yourself, just lay your hands in front of your body as naturally as you can. You'll find your arms tend to lay across your waistline at



angles to each other.

These are, coincidentally, the same angles that the two portions of an ergonomic keyboard employ -- because that's how your arms fold naturally. They don't sit straight forward unless you force them to.

With your knife as close to the centerline as possible, you can more easily drop your hands to the waistband area in order to find it, whether that means drawing it from the front of the pocket or from anywhere else.

This brings us to the actual deployment of the knife. You have your knife; you selected a good one; it is now carried by you, consistently and discreetly, day in and day out.

#### \*\* So what happens when time comes to draw it?

Understand first that to deploy a knife is to do two things.

First, it escalates the encounter to a lethal force scenario unless you have reason to believe your life is in danger. This means you cannot deploy your life unless you believe it is needed to save your life or the life of someone else. It is a weapon with the power to kill. If nobody is trying to kill you, you do not have justification to introduce it.

Second, your knife can be a target in a fight. If you fixate on the knife, if you are thinking about "knife fighting" and not simply "fighting the other guy while you happen to have a knife," you may be distracted and your opponent may try to attack or even take away your knife.

The thing to do, then, is to protect your knife. That may sound silly to you. You may be thinking, "My knife is here to protect ME, isn't it?" Well, it is... but there is a right way to deploy it.

Never deploy your knife in such a way that the opponent can get his hand on it and snatch it away from you. Typically this would be when you are clinched up and grappling with somebody, on your feet or even on the ground. You need to keep your side with the knife on it away from the opponent. That means turning that side of your body away, or protecting that side with your other hand.

When you make the decision to go for your knife, you protect the side of your body that the knife is one. Slap the knife with your strong side (your weapon hand) so that you can make sure it is where it's supposed to be. (If it shifts around a little in your pocket or wherever you keep it, this is how you'll ascertain where it is. Daily carry of a knife is never perfect. Sometimes they move and we forget about them.)

Once you have slapped the knife, again while protecting that side, get your hand down deep on the knife and deploy it, either by pulling it out of the pocket or yanking it out of its sheath. While it's still low against your body is the time to deploy the blade (if it's a folding knife).

From here, use your knife to protect the rest of you. Put the strong side, with the blade, in front, and the rest of your body behind that. Keep the knife low and continue to protect it.

From here you can execute basic attacks and defenses while you wield your knife. (We'll get into that in an upcoming issue, in fact.)

Deploying a knife basically says to everyone in the area, "I believe I am in fear for my life and I am prepared to initiate lethal force to preempt the threat."

If these conditions aren't met, don't deploy the knife. You must be legally and morally justified before you use a weapon in an altercation.

A knife is a powerful weapon and should be respected as such.

# Chapter 4: Secrets of Self-Defense

You've no doubt seen the "Knockout Games" that street thugs have been playing...

They've been all over the news – showing innocent victim and victim get brutally beaten with sucker punches...

And while they've faded from the news recently, that doesn't mean it's time for you to sit back and relax. The scary fact is this: Many Americans walk around completed exposed to violence. Most are completely UN-prepared.

That's why I want to you show the three critical things you must have to avoid and survive any attack. All these things are completely, 100% free. But in order to make them work, you must take this seriously.

Let's get started...

#### STEP #1: You MUST get out of the victim mentality

It's no secret that criminals and other lowlifes tend to go for the path of least resistance...

That's why an old lady is more likely to get her purse snatched, than a six-footfour body builder with muscles stacked upon muscles.

Even the dumbest criminals in the world are well aware of the obvious fact that things can easily go bad when you mess with a muscle-bound behemoth.

Little things like awareness, confidence, and posture send strong messages to would-be violators that you're not the type to go down without a fight.

So don't crouch in fear when you walk. Instead, portray confidence... even in the scariest of conditions.

#### STEP #2: You MUST get in tune with your killer instinct

Regardless of the circumstances, no one has a right to hurt you.

Unfortunately, there are always those who didn't get that memo.

For you to be able to properly utilize effective self-defense, it's extremely important that you're able to execute all you've learned under pressure.

Therefore, you need to be mentally ready to inflict serious damage on an attacker.

Those who haven't mentally prepared themselves for the brutality of combat will typically hesitate, and given the fact seconds can be crucial in combat situations, the result of said hesitation could be fatal.

The bottom line is basically this: when you face a situation in which your LIFE is threatened, you need to know beforehand that you are going to act.

That's why it's critical you pay attention to everything I'll show you...

#### STEP #3: You MUST get rid of your ego

Learning techniques that can be used to defeat bigger, stronger opponents doesn't give you the right to go around looking for trouble.

Violence should always be a last resort, so you should always try to diffuse altercations verbally or by simply removing yourself from the situation.

However, you should always be ready for the potential for violence the minute you find yourself in a confrontation since it's not uncommon for an attacker to launch a sneak attack hoping to catch you off guard.

There's an old proverb that captures the mentality one should have in confrontational situations: 'Speak softly, but carry a big stick.'

This also goes along with the #2 point ...

You don't destroy a man's body because you got in an argument at a bar ...

You don't injure another human being permanently ... or take his human machine to non-functional ... or (if necessary) take his life ... because he was rude to your wife.

Those are all "anti-social" situations.

Violence is not the answer.

But like Tim Larkin and his people say "when violence is the answer ... it's the only answer".

Meaning – when violence is the only answer – you'll know.

You'll be in a situation where the only option is to survive ...

You can't diffuse it ... you can't run away ... he may have already hit you with the brick in the back of the head or stabbed you in the ribs with the knife ...

In short these are "Asocial" moments when you have no other option. Violence is the ONLY answer because you either answer with violence or violence is *done* to *you*.

There literally is no choice.

### **Chapter 4, Article 2: Secrets to Unarmed Fighting**

Un-armed fighting scares a lot of people ...

This is the reason so many people carry weapons of some kind: they're trying to even the odds in their favor, give themselves an advantage.

This is entirely understandable. Why should you EVER fight a guy on his terms when you can use a force multiplier of some kind to make the fight less fair in your favor?

Whether you use a pocket stick, a bolt, a bandanna full of batteries that you can make into a homemade blackjack, a piece of rebar, a metal pipe, or whatever else, there are a lot of situations in which you *can* be armed.

**But there are others in which you can't.** (And it seems like the liberals want to pass every law imaginable to make sure you're NOT armed).

Especially when facing somebody who is a lot larger than you, or when facing multiple opponents, the idea of facing off and fighting somebody with your bare hands can be pretty intimidating.

You may be wondering how you can get past his guard and take him down ...

You may be wondering if you'll hurt your hands when you try to punch him ...

If he's a lot bigger than you, you may have lost the fight before it's even begun because you've psyched yourself out ...

Snap out of it!

Every single guy in the world, no matter what type of build he has, no matter how large or small he is, possesses certain vital targets that you can exploit.

You just have to find a way to get to these vital targets. They're absolutely the

same on everybody.

Just so we're on the same page these vital targets are NOT meant to cause "pain" ...

Pain is subjective. An assailant on PCP could take 3 rounds of 9mm to center mass and not feel "pain" (at least not for the next 30 seconds while he continues to do bad things to you or your family).

When picking "vital targets" to hit when you're unarmed you're merely picking targets that will "break" the man in front of you.

What do I mean by breaking the man?

#### Simple:

A guy hopped up on drugs like PCP will keep coming even if he's hurt. Now, let's say one of his legs falls off -- his structure is broken -- he *can* keep coming but he'd look like a zombie pulling himself across the floor ... or hopping towards you because his entire body is *not functional*.

That's the idea -- you want to destroy a part of the human body that's needed for proper functioning. That way you have the advantage whether you're smaller, weaker, older, less mean, and less trained.

Make sense?

(BTW, I learned this all from the guy who helped developed the Navy SEAL unarmed combat methods ... more on him later)

Now I'll share one of these vital targets with you.

Let's start with the throat, because it's the only area of the body you might be thinking can be reinforced by working out.

Have you ever seen a picture the famous Karate instructor, Ted Gambordella, bending a knife with his neck muscles?

Well, if you work out hard enough and long enough, yes, Virginia, you can have a gigantic neck like that. And if you place a piece of metal gently against your neck muscle, and you hold it just right, and you exert your muscle strength against the flat, not the edge, of the blade, then yes, you can make that knife flex.

This is a parlor trick.

No matter how strong a man's neck is, he can't strengthen the hollow of his

throat. This is the front of the throat where a man's adam's apple is.

Spear him there with a solid part of your body (or any other rigid object) and he will react immediately, choking and recoiling. This is called a **spinal reflex** -- like when you touch a hot stove, your spinal reflex will pull your hand back immediately without you thinking about it.

If you maintain pressure on that spot you can choke him. Hit him hard enough and you will immobilize him while he chokes or possibly dies.

The throat is a tricky target because all it takes is a dropped chin to protect it. Your chin and your forehead are both bone shields. You don't want to punch a person in either location. Punch the forehead and you'll break your hand. Punch the chin and you could wind up with teeth in your knuckles. Either way, it's not a fight-ender unless you manage a knockout blow.

The throat, then, is a target of opportunity just like other targets.

You've got to wait until the throat is unobstructed ... and when it is ... you can ram your forearm, hand, fist or any other solid body part as hard as you can into that area.

The idea is to focus on hitting "through" his throat -- like your target is on the other side of it ...

**Put you full bodyweight into it** -- yes, even if you're a frail 98 pounds -- and that's 98lbs of force into one, small, easily broken part of the human machine.

And the best part?

Does it matter if your attacker has a knife? A gun? A machete?

No.

To a man who has just been hit with (a minimum) of 98lbs of force in his windpipe -- the brain short circuits -- he forgets about intent or even if HE still desperately wants to murder you -- his brain is desperately trying to get his throat to work again because his brain/nervous system knows that it needs the body to breathe.

You've made his windpipe non-functional, and that tilts the odds heavily in your favor.

Obviously, if you hit it hard enough, this target can cause death.

But it might just save your life.

One more advantage to the throat as a target ...

Think through almost every possible scenario in which a "bad guy" gets close enough to do you or your family harm ... or is already attacking you ... in most every way someone could attack you ... their throat is exposed.

Next up, another (Ahem) sensitive aread...

Have you ever been kicked full-force in the groin?

If you haven't, trust me: It's like an off switch for some people. You hit the ground before you realize why... and then the pain rolls over you.

Some people can shrug off a ball shot, especially if they're full of adrenaline from a fight, but in most people, getting nailed in the nads is no joke.

#### Now, here's how to make a groin kick work on EVERYONE.

Again, we don't want to focus on pain -- pain is subjective.

We need to focus on WRECKING the target.

When attacking the groin, you're focusing on *rupturing testicles*. (If for some strange reason, your attacker is a woman, you're focusing on rupturing whatever is in the groin area all the same). Plain and simple.

A kick to the groin *hurts* -- ruptured testicles is a traumatic *injury*.

Once again, destructive trauma to the body sends a whole lot of signals to the brain and nervous system ...

When a man's testicles are ruptured (or someone attempts to rupture them) -- the brain sends a signal and the body reacts predictably ...

The man bends over, both hands reach for the groin and he typically takes one and half steps back from the point of impact ...

In the picture below you see the beginning of this process -- the man has already lifted up onto his toes. He is about to move backward and bend down to grab his groin (the point of impact):





Now, please only pay attention to the man in that picture ... because **she is kicking his groin all wrong.** 

Again, as with the throat strike -- intent and *penetration* is everything here. You must be trying to break the target.

Again, you are not kicking "at" the groin/testicles -- you're kicking THROUGH them -- you are aiming to have your shin/foot go *through* his groin and up into his chest.

If you don't aim through your target you won't break it (ask any karate student who has tried to break a board or brick -- you don't "hit" the board -- you hit *through* the board)

Her foot should be sticking out from between the back of the man's legs because she should be stepping INTO the kick, putting her entire body weight into and THROUGH the man.

Again, even if you're just a frail 98 pound senior citizen, this ensures that all 98 pounds of you is focused into one small area -- his groin. In that case, it's a simple matter of physics, the groin goes down as your bodyweight goes through it.

Now ...

The thing about groin kicks is that everybody expects them.

All men know their groins are very vulnerable targets. It's easy to protect your groin. You turn your hip, turn your leg in, even lift your leg to intercept an incoming blow, and you can stop the worst of the attack from hitting your balls.

**First off, that's not your concern.** Try to ram your shin/foot through his testicles and deep into his body and rupture your target. It's not your job to worry about "what is he going to do" -- your job is to worry about injuring him.

However, if for some reason that strike doesn't fully land ...

In order to make full use of the groin as a target, you may have to wait until the groin is within reach of your hands.

A lot of the same people who expect a kick or a knee to the groin don't expect you to just reach out and touch them there. It goes against our natures to reach out grab a man's groin (unless it doesn't, in which case, "Not that there's anything wrong with that").

All kidding aside -- if a bad guy is trying to do bad things to a woman -- this is very important. He must be close enough to touch her, so she's probably close enough to "touch" him back.

When you grab the groin in the course of a close-quarters fight, you've got to do something pretty horrible to make the technique work for you.

Grab and twist the balls as if you're trying to twist and rip them right off the body. Don't be afraid to punch the abdomen while you're pulling and ripping with the other hand, too.

This technique is harder to do on tight, heavy jeans or leather pants, which will make it harder to grab the other guy's sack through the cloth, but on regular slacks or cargo pants, you can do a pretty horrible job on somebody.

For women, If he's in a state of undress because the violent attack has gotten that far (God forbid) at least you stand a better chance fighting back in this manner than by taking the liberal rape defense approach of urinating on yourself.

Again, think through multiple situations in which you might be attacked ... as you can see just the 2 targets we've covered thus far ... are almost always available to you.

The man might attack you from behind ... but as soon as you realize you're being assaulted you can turn and as soon as you see his throat or groin -- HE becomes the victim.



You can't prepare for "every scenario". Real life is too complicated.

But you CAN prepare for the right targets because ... 100% of every man that has ever attacked someone had:

- 1.) a throat and
- 2.) a groin

Finally, let's talk about the eyes.

The eyes are the most sensitive targets on the human body. Whole UFC matches have been stopped when somebody got accidentally poked in the eyeball.

A finger touching your eye GENTLY produces an immediate adverse reaction ...

Ever held a baby who is being cute, thrusting around in your arms, waving her little tiny hands all over the place and one of those tiny, small, frail fingers accidentally touches your eye?

Just a small scratch to the delicate eye causes a whole waterfall chain of automatic reactions ...

Shove your fingers in someone's eyes and you'll immediately cause them to try and flinch away. The eye typically waters, and the eye lids close to protect against the threat.

In a fight, therefore, the eyes are excellent targets.

The easiest way to attack them is to open your hand into a "rake" and claw your fingers across the eyes -- much like a violent slap except with the tips of your fingers *raking* the eyes.

You only need the tip of one fingernail to catch a delicate cornea to inflict damage.

If the fight becomes up close and personal, you will try to get one hand around the back of his head and work your fingers into his eye area with the other. Or shove both thumbs into an eye socket ...

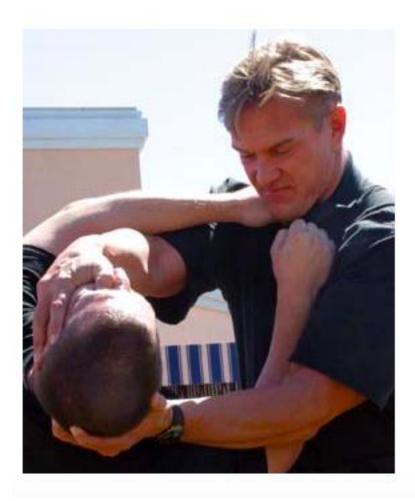
Be aware that this will cause him to thrash violently. Any of us would react the same way to the potential of being blinded.

We will absolutely FREAK OUT when another man's fingers touch our eyes, and we will do everything in our power to kill the person trying to blind us.



But again, you must think in terms of penetration and destroying the target. Even if you get jumped, once you start attacking his eyes -- YOU become the attacker ...

Tim Larkin, the founder of Target Focus Training, the man I alluded to earlier who helped the Navy SEALS develop their system of unarmed combat demonstrates this below:



When targeting the eyes, the throat, or the groin, don't head into the fight TRYING to get them. You need to wait for the opening. The fight has to make it possible for you to get in on those targets; you don't march blindly into the conflict and think ahead of time that you definitely will hit him in the throat, or that you can only hit him in the eyes.

Instead, strike whatever is most accessible. Use your nearest weapon to his body and put it *in* and *through* whatever is the closest available target.

Your goal is not to "win" the fight. Your goal is simply to get away as unhurt as possible. It's called Survival. That's the only thing that matters in the real world.

# Chapter 4, Article 3: How To Punch Holes In Wood (even if you're arthritic and getting older & weaker each year)

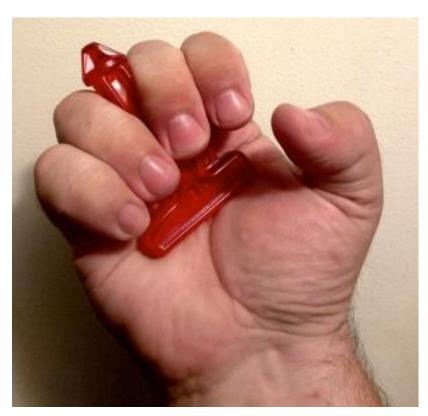
You're out late at night, maybe two in the morning...

You stop at an all-night convenience store and gas station. While you're inside in line to pay for your gas, a couple of guys come in and start raising a ruckus, maybe yelling at the clerk, tossing things in the aisles, making asses of themselves.

You watch and wonder if you're about to see a robbery, or just a couple of belligerent drunks beating up a convenience store clerk. Knowing that there are two of them and only one of you – minimum wage isn't worth fighting over, so the clerk won't be of much help, and who could blame him?

So what do you do? Read on...

You reach into your pocket, palm your ComTech Stinger, and wait for trouble.



The moment passes and the drunk guys leave. You ease your grip on the

stinger, letting the pointy knob slip out from between your fingers.

You didn't have to mix it up with anyone, so you're better off than if you had. Just the same, you're glad you had an equalizer.

The ComTech Stinger has been on the market for quite some time and can be had in multiple opaque and translucent colors. It is basically a keychain pressure point tool that can augment a punch.

Of course, this is nothing new.

It's been around for a while now and James Keating of ComTech probably sells a boatload of them in any given month. They're on the keychains of countless self-defense-minded citizens and preppers.

They're plastic, so they won't give metal detectors any trouble – though of course you would never try to take this into a high security area or onto an airplane.

Still, it's good to know that on your keychain is something you can carry into many guarded but lower-security venues where metal detectors screen the visitors (such as certain amusement parks, etc.).

The ComTech Stinger is <u>cheap enough</u> that you have no excuse not to carry one. It's light enough that it disappears in your every day carry gear.

#### Why Carry Something Like This?

By magnifying the power of your strike – it's simple physics that when you concentrate the power of a blow in a smaller, more rigid (stronger) area, you're going to do more damage to the target – the stinger makes it possible for you to deal out more force than you could with your bare fists (and feet, and knees, and elbows) alone.

There are a lot of people out there who seem to think that hand held items like these are "toys" – distractions that are the last resort of those not confident in their abilities to dish out pain and suffering with their bare fists and attitudes.

This is foolish.

You're not an animal, but a human being.

You should use a tool.

Why on Earth would you risk breaking your knuckles or exchanging blood with an adversary when you could instead use a rigid tool?



Plastic keychain tools are perfect for this type of application. And they're cheap enough that if you do have to leave one behind at a security checkpoint, you won't be out much money.

Alongside the ComTech stinger, another great tool is the Cold Steel Koga. The model has changed over the year, but it's basically just a big plastic dowel that is contoured for traction and ease of grip, as well as to make the points a little smaller to intensify the power of a blow with the tool.

I don't know about you, but I can't ram my fist into a picnic table or a brick wall without hurting myself. I can't make much of a dent in either, because my hand is less rigid and more fragile than either of those striking surfaces.



With my Koga or my Stinger, however, I can do real damage to either hard, unyielding surface. Imagine if that brick wall or that picnic table were somebody's skull!

I can also do that damage without feeling any pain, which is a bonus. The less pain you feel, the harder you can hit, and the more you can concentrate on dealing with your opponent.

The Koga, when held in the fist, leaves serious dents in wood surfaces and will also chip brick. The wood doesn't harm the Koga, but the brick scuffs it somewhat.

The Stinger, at least in my hands, leaves even deeper dents, I think because I am able to use the full structure of my punches as I was taught to do them when holding the stinger as an extension of the fist. It's harder to do that with the Koga, though hammer fist blows are indeed powerful.



Either way, the Koga and Stinger can do far more hurt to somebody than just your knuckles.

You ought to carry one or the other, or something similar, because why WOULDN'T you?

### CHAPTER 5: How To Survive Any Crisis

You've seen the movie Fight Club, right? (If not, where have you been?!!?)

Well, remember the #1 rule of Fight Club?

Now I'll teach you the #1 rule of surviving a crisis. Most people do not know it. And it is, unfortunately, to their detriment if a disaster were to occur.

I'll pause for a moment for you to guess what the #1 survivalist rule is.

[pause]		
[pause]		
[pause]		
Got it?		

Okay, so here's the #1 rule (and it's just like the #1 move Fight club.)

Don't tell ANYONE that you are a prepper or survivalist and have been preparing and storing items in your home or safe place.

The military calls this "Operational Security" or "OPSEC" if I'm not mistaken ...

Why you ask would I not tell anyone?

Let's touch on just a few here...

Let's see if you're right...

Let's say you have been storing food, supplies, fuel, etc. and your neighbor happens to see you bringing all of these weird items into your house.

What if you have started growing vegetables, fruit trees, bought some chickens and built a coop. The nosy neighbor asks you what you are up to and you tell him.

Or, you tell your kids and they tell their friends.



You are rolling along doing your own thing when disaster strikes—either manmade or natural. What do you think that neighbor is going to say or do?

Because they have not taken the time to prepare and are now in a panic they are going to remember that their neighbor, you, did take the time and a bonus—you live right next door, you are their neighbor and of course you want to share...NOT!

As much as you like your neighbor, extended family and friends you should NEVER tell anyone that you are prepping.

We will feel sorry for these people because they did not take the time to prepare as we have and if you are to survive you have probably only put enough of the items away to sustain you and/or your immediate family.

If you let someone into the group, and they tell their friends, they WILL come after your stuff. When disaster strikes everyone is desperate and the world will have changed in the blink of an eye.

You will need a way to protect your provisions whether it is with a gun, a knife or other means because you will have items that people are going to desperately want: food, shelter, fuel, batteries, lights, etc.

Are you prepared to protect all of your hard-earned work and preparation?

Don't think it will happen? It can and will. Just because you took the time doesn't mean anyone else did.

Again, the #1 rule in Survival?

Don't tell anyone that you are prepared!

# Chapter 5, Article 2: Could ISIS Strike America? (Here's What to Do...)

I really can't say it enough...

You need to be prepared at all times for a disaster to strike. Disasters are unpredictable and you don't want to be caught off-guard when it comes to your survival.

Maybe the next disaster comes from mother nature -- like the earthquake that just hit California. Or maybe it's man made, by the hands of some cowardly ISIS terrorist.

Whatever the case, shouldn't you have some form of "insurance?"

Isn't it worth a few bucks, and an hour's worth of your time to prepare?

In the best case scenario, you'll never need to put your prep to work. But God forbid the worst happens -- at least you'll be prepared.

Here's the #1 thing I suggest you do right away (don't worry -- it doesn't cost a single penny to put this to work...)

First, take the time to sit down with your family and loves ones to come up with plans as to where everyone is going to meet.

This may sound too SIMPLE or ...

This may not sound like something you will ever need but what if the worst does happen and you can't get ahold of anyone?

When cell phone towers no longer work, when your phone and internet are down, how are you going to communicate with your family?

Don't have a plan in place to make sure your family is going to be able to find their way to you? I didn't think so.

Let them laugh or sneer all they want. But they will thank you when and if disaster strikes.

In today's world of instant communication and electronics, no one ever thinks that they won't be able to pick up their cell phone, hardline phone or sit down on their computer and write an Instant Message.

Disaster does strike and it can happen to you and your family. During natural disasters alone, electricity can be out for days or weeks. And ISIS could be targeting an attack on our nation's infrastructure.

Who knows? And if it hits, then what?

There are millions of people who have not given this a second thought.

These are the type of people who think that electricity will always be there and nothing will ever happen.

In your family meeting, come up with plans for various scenarios in case you do happen to be split up when the disaster strikes.

Daytime: Daytime is the easiest scenario because of the abundant amount of



light. It is easy to find your way around your neighborhood or your city. The easiest place for everyone to meet is at your home.

Because of the amount of people in a metropolitan area, it may take you some time to make your way home. Highways and subways will be jammed so it will probably take you longer. Be sure to make it mandatory that everyone stay put until everyone has made it to the designated place before anyone decides to strike out on their own.

Night Time: This scenario is a little trickier because there will no lights. Since most of the lights, subways, trains and other modes of transportation will have stopped working, you will be in a much more precarious scenario to make sure that everyone makes it safely to your designated spot. So think hard about this one.

Miscellaneous: There are other scenarios, for example, such as you are in one city and your child is away at college in the same state. What will you do? Where will they go? They will most likely want to find their way to you because they are scared or frightened and don't know what to do.

Those who have prepared will survive.

Sit down and take a minute to think about what has been laid out above...

What if you don't have a survival plan in place?

What will happen to your family?

They are going to be alone, not knowing what to do or how to find you.

If they do find you, how are you going to provide for their well-being?

Do you have enough food, water and other provisions to ensure their needs will be taken care of?

Preparing for survival is essential.

There is no doubt that at some point in your lifetime you will probably experience a disaster.

It is better to be prepared today than to wish you had been prepared yesterday.

Chapter 5, Article 3: The #1 Survival Item (Hint: It's Not Your AR-15!)

Now I'd like to talk about something we've NEVER covered in this pages...

It's the single-most important item in any crisis.

No, it's not a gun.

And no, it's not a bug out bag.

And nope, it's not energy, either.

What is it? Let me show you...

What I'm talking about is food. If you don't have food you won't survive. Plain and simple.

And if you think that grocery stores will be up and running when a disaster strikes, think again.

The growers have to have fuel to run their equipment to farm the food.

The truckers have to have fuel to go and pick the food up and take it to the grocery store.

So what happens when this process stops?

No more food. No more food in the inner city. No more food at your local grocery store.

Now what are you going to do?

You need to start storing food .NOW.

It is never too early to start picking up a couple of extra supplies of food every time you go to the store. There are long term items that you can buy. As with the seeds, rotate the food out so that you never have anything that goes to waste.

#### So what should you start buying right now to store?

Some foods store better than others.

**Rice, brown or white.** If you buy rice, which is a great staple to have in your long-term food supply, you can seal it (need a mylar bag sealer) in mylar bags with a moisture pack (silica or silicone gel packs) and put it into large 5-gallon buckets (bought at your local home improvement store).

Flour, wheat or white; Oats, Cornmeal, Barley. Seal large bags of these items

into mylar bags as well again using a 5-gallon bucket to seal the flour as well. It is double protection.

**Beans**. Buy as many beans as you can. If you belong to one of those warehouse supply stores, bulk items such as rice, flour, beans and various other food items can be purchased in larger quantities than at the grocery store. Beans supply protein.

**Dry, Powdered Milk.** Powdered milk will do in a pinch. It is not the same taste or consistency as regular milk but it will do if you are in survival mode.

**Canned goods.** Again, go to your warehouse store, or even if you don't belong to one, stock up on as many canned goods as you possibly can. Don't forget to buy a hand-cranked can opener so that when the electricity goes out you can still access the contents of the can. The right soup can give you everything you need.

**Fruit**. No, not real fruit but freeze-dried fruit that can be reconstituted by adding water.

**Pasta and pasta type products** are a great survival food to have on hand. Mac and cheese is quick and easy and even if you don't have fresh milk, or powdered milk for that matter, you can always make it with just water. I know, I know, it's not the same but what is our goal here? Survival! Tell the kids to get over it!

Try to purchase and have on hand some oils: olive oil and lard.

**Do you have a baby or two in your household?** Make sure you have plenty of formula set aside. It also wouldn't hurt to think about what else you are going to need for a baby when the lights go out. Cloth diapers, etc.

**Pets**. What are you going to feed your pets? Pets can actually just eat human food but if you are picky about your pets, start setting aside for Fido or Fluffy right now as well. You don't want your pets to suffer needlessly.

**Miscellaneous**: canned or potted meat, honey, tea, coffee, dry creamer, peanut butter, nuts, seeds.

Now that you have started setting food aside, you have to be mindful of certain issues. Is the food getting oxygen, light, or moisture? Is it exposed to temperature changes? You want to store your food in a dry, cool area just like your seeds.

Another thing to consider is pests. That is why you should really seal any food such as rice, flour, etc. in mylar bags and then within a 5-gallon container. Keep a watchful eye out for mice, rats, ants or any other creatures that think your food is a smorgasbord for them.

Again, the best way to keep a fresh supply of food is to *rotate your food out so* that when you buy something new, after you start to have a nice supply, put the new in and grab one of the old and prepare it.

Whatever choices you make, the important thing is to do it. And do it now. Start preparing.

#### Chapter 5, Article 4: Bug In 101 (gear list inside)

You need to be fully aware of two types of disaster prep – one is bugging in which means you have to stay in or close to your home in a disaster and the other is called bugging out, and this means you leave your home to seek refuge in a safer location.

And that's key because -- they're two different scenarios that you'll have to prepare for and (obviously) you'll need different "preps" or supplies/tools/stuff for each.

So, we'll get started with "Bugging In" ...

#### **Bug In 101**

Bug In means to prepare for a disaster that gives you no choice but to stay indoors or around your home for a certain amount of time. This could be any disaster which doesn't affect the bricks and mortar of your home but may affect the health and safety of you and your family.

Most disaster agencies will say if you're going to 'bug in' you need to prepare for the fact you may not be able to venture outside or far away from your home for up to three months, possibly more! That's a pretty scary thought. But remember the courage to actually be intelligent enough to think forward.

When bugging in you need to remember that the comfort of going out to the store buying things will not be an option.

Here's a list of many things you can buy in bulk and store in order to prepare for a bug in situation. It's pretty long, and some things I've listed will probably have you thinking I've lost my mind. There is a reason for every one of the items below.

When you can't visit your local store, or leave the house (or not venture too far) to the times when you may find you have no water or heat – this list will give you all you need in order to see it through.

- 1. Portable generator for emergency power.
- 2. Static and hiking water purifier
- 3. Water purification inserts and drops
- 4. Portable toilet or commode (with waste bags)
- 5. Lighting nuggets and or firewood, waterproof matches.
- 6. Kerosene lantern, spare wicks and lamp oil
- 7. Self defense and hunting items such as guns, ammo, sling shots and bats.
- 8. Food stuffs: rice, vegetable oil, condiments, honey (good for both healing and cooking) noodles, canned goods, energy bars, syrups, sugar, salt, yeast, baking soda, coffee, tea, cereals, flour, dried egg, condensed milk, multivitamins and where applicable baby food and formula milk.
- 9. Hygiene items multi-packs of toilet paper, wipes, soap, dental hygiene, razors and any child hygiene items.
- 10. Washing liquid, washboards, wringer, drying stands.
- 11. Aluminium foil, string, jiffy bags, heavy duty garbage bags, food and water containers.
- 12. First aid and sewing kits
- 13. Crank radio and crank torches
- 14. Drawing books, cards, board games, pencils, and notebooks.
- 15. Chickens if you have outdoor space for a coop.
- 16. Tobacco and beer.

Are you worn out just reading that list?

There is a lot there, and some of it you possibly could never keep due to your current location. But it does give you an idea of the kinds of things you should have.

Plus, there are things on that list you may not need in terms of personal choice like cigarettes, but when you can't hop to the bank for money you may need something in high demand like cigarettes to barter for items you do want.

Trust me, any of the items on this list can be bartered in certain situations.

The cost and time of getting this list in one go can seem daunting, but I can assure you the hardest part is getting your mind set right to begin with in order to actually start the purchasing process.

Then, take the same approach as explained last time, pick up a little at a time on you way to the grocery store, Wal-Mart, or whatever.

# **Chapter 5, Article 5: Hurricane Disaster Prep**

You stare at the weather channel...

The models predict the storm will make landfall south of you...

It's due to hit about two days from now...

You're safe. You fall asleep soundly.

The next morning you turn on the weather again.

Uh oh.

All the hurricane models predict you're now right in the center of the storm.

The hurricane has picked up speed.

It's moved north.

And it's due for a direct hit on your hometown...

If you've ever spent time on the East Coast from May – October you know the feeling I'm talking about. Should you board the windows? Should you stock up on gas?

I'll show you how to avoid the worst...

The last horrific hurricane to hit the United States was Katrina in 2005.

We all saw the pictures of the aftermath...

It was a category 5 (the worst on a scale of 1-5 with 1 being the mildest sustained winds). Not only was it an extreme hurricane, levy's that were

supposed to hold back water that runs through the dikes (and the city) burst as well.

This disaster left people stranded and the city devastated. Not all hurricanes are as horrific as this one but they can leave a lot of damage in their wake.

The best way that you can stay safe in the aftermath of a hurricane is to prepare BEFORE one strikes. That means taking measures when you first learn that a hurricane is forming. Keep your ears tuned to a radio and keep your eyes peeled to a TV.

After a hurricane, you might have to deal with several scenarios:

**Electricity:** This is the no. 1 item that people are left without after a hurricane blows through. Why? Power lines are knocked down or blown away. It doesn't matter if your electrical lines are buried. Up the street or up the block the lines could be exposed. So that means you won't have any electricity either. An inhouse generator is the best item to purchase if you live in a hurricane-prone area. A portable one will do but be EXTREMELY cautious when using this type of generator and don't EVER put it inside your home. The generator emits carbon monoxide fumes which can lead to fatalities.

**Food:** Make sure that you stock up on food well BEFORE the rush. Most people will wait until about a day out before the hurricane hits. That is too late. Everyone else will be doing the same thing and you will find empty grocery store shelves.

**Cash:** Make sure you have plenty of cash on hand. When the electricity goes out your check card and credit cards will not work. Keep enough cash to get you through a couple of weeks (months is better).

**Gas:** You will need gas to run the generator. Make sure you have filled all of your gas cans and keep them stored in a safe area of your home.

**Water:** If you have one of those bottled water stands in your home-great! If not, keep a supply of individual bottled waters on hand. Drinking plenty of water is always essential but during the times of a hurricane, water may not be so plentiful.

**Communication:** Be sure to keep a battery type device on hand in order to listen to local news and weather reports. A large supply of batteries will also be needed to sustain the devices you will be using.

**Guns:** obviously, going to your local gun shop is not an option during a natural disaster. But having a gun might just save your life.

Stay prepared and you won't be one of those last minute scramblers trying to buy essential items to stay safe during the aftermath of a hurricane.

## Chapter 5, Article 6: Water survival secrets you should know ...

It should be obvious how important water is to you and your family's survival ...

Every ten year old learns that you can go about 3 months without food but only 3 days without water.

Most experts recommend half your bodyweight in ounces per day for optimal hydration, plus more if you're exercising, working hard, or in a hot environment where you sweat a lot.

That means in a survival situation, having enough water is *vitally* important.

Since each gallon of water requires approximately 1/7th cubic foot of storage space, it is often impossible to find appropriate storage area for adequate storage of extra drinking water.

It might be easier to find it in a survival situation.

But in that case, you'd have to purify it ...

Contaminated water can disable you in as little as a few hours and make you deathly sick in a matter of days.

Thankfully, there are many ways to purify water ...

<u>Option #1:</u> Use Purification Tablets - You can purchase these drops or tablets at sporting goods and adventure stores. Keep in mind this is not the best tasting method, but protection from bacteria is worth a bitter taste in your mouth.

lodine tablets are the most commonly sold, but you can also use chlorine tablets with the same result. These chemical tablets will kill bacteria living in your water. These tablets are most often used by campers in the wilderness and you can find them at <a href="mailto:amazon">amazon</a> or camping stores. (Follow the particular tablet instructions for "dosing" recommendations for your water amounts).

Pregnant women, women over 50, and people with thyroid problems or taking Lithium should consult with a doctor before using iodine tablets.



Option #2: You can boil water - boiling water for 10 to 15 minutes should kill 99.9% of any organisms in the water. It also removes most chemicals by vaporizing them.

However, be aware that boiling water will *not* remove solids, metals, or minerals (you can "strain" the water before hand to get rid of most big particles)

<u>Option #3:</u> New Invention - it's a personal filter and some are calling it "The Ultimate In Water Purification".

==> Click here to check out this somewhat unusual device

**WARNING**: This video is one of the grossest things I've ever seen.

I couldn't believe this guy actually pulled it off. (Seriously, he's drinking water that looks like it came from the toilet).

And before you judge this guy, think about this...

In a desperate situation you might be forced to do the same thing.

The only good part is, the way he's drinking this gross water is 100% safe.

Pay close attention when he transfers the water into the cup (happens in the first 30-seconds.)

Even with that highly contaminated H2O you can make it come out crystal clear if you use the little device he's got in the video.

But before you see this, promise me one thing... if you ever have to drink disgusting water like this man does, PLEASE be safe about it.

The tiny device he uses makes all the difference...

⇒ How to safely drink E. Coli, poop & even Fly Egg infested water

# Chapter 5, Article 7: How to get all your preps on a tight budget (money saving tips)

If you know it's important to have your food and other preps in case of a disaster in your home, but if you haven't ... why not?

For a lot of people, they worry about the cost ...

Now, to be honest, the <u>Food4Patriots</u> system you've probably heard about is actually quite economical if you want a "one click" solution to getting your food preps done.

And if you just need a few 72 hr kits -- something like that is DEFINITELY your best bet because it's quick, simple, and just plain cheap when you consider the value of your time, trips to the grocery store, finding the right foods, putting together the little kits, etc.

But there's still other ways to prep and save money (and not just on food).

We'll talk about that right now ...

We all hope we'll never have to face a disaster which forces us to either stay indoors for a while or leave our homes completely for a prolonged amount of time – however preparation is the key to survival in a disaster, but how to we prep if we're on a budget?

Firstly you need to actually plan, because going out and buying lots of food and practical tools for survival can be expensive if you do it all at once.

That's a big money saver right there -- do it in PIECES as you have the money (a little at a time, each trip to the grocery store, Wal-Mart, or Home Depot, whatever).

You need to be fully aware of two types of disaster prep – one is bugging in which means you have to stay in or close to your home in a disaster and the other is called bugging out, and this means you leave your home to seek refuge in a safer location.

It's not really fun to even think of these things but it's the truth ...

The first thing you need when you plan is a list of both things you'll need in a bug in situation and a bug out situation. Often times you'll see that you'll need the same things for both, such as water, food and ways to make heat.

There are various places on the internet that you can find lists of things, and depending on whether you have children or not you'll need to think of extra things like extra diapers, formula milk and games.

Much of what you need can easily be found cheaply online or in thrift stores. EBay and Amazon are excellent places to go to get really good discounts on this that would otherwise be expensive in bricks and mortar store.

That said you can also get some crazy discounts in your local grocery stores and you want to be looking for things that buy-one-get-one-free or similar.

You can never have enough food and drinkable liquids for home storage, so look for deals on noodles, pasta, rice and energy bars.

In any type of disaster situation you're going to need meds and first aid items.

You can buy pre made first aid packs as well as buy vitamins in bulk on special offer days at your local drugstore or health food shop. You will most definitely need multi-vitamins if you're eating a lot of canned goods.

When it comes to more expensive items like crank radios and camping gear you should definitely try EBay. It's important you read up on the sellers and their reviews. If you have favourite sellers you can save them to your account files for future reference.

If you're thinking of asking people to buy some of your much needed survival goods you can set up a wish list on Amazon. Don't be shy to do this because honestly, if something on their can make your life easier in a disaster then it's not stupid to ask for it. Come birthday and Christmas time you could well get many of the items just from that wish list, and if anyone asks why you'd want them you can start the process of explaining why and hopefully they'll understand how to prep too.

(This is perfect actually if you're like me and your mom or other people in your life can never "think of what to get you" -- make it easy for them! -- make a wishlist!)

It's easier to plan then impulse-buy when you're prepping for a disaster, whilst on a budget.

And you can feel good about stocking up while you have the time and we'll all just pray we never need our preps.

#### Chapter 5, Article 8: 1 Tool To Survive Nearly Anything

Do you have a survival bracelet?

If your answer is "no?" Or, "What's a survival bracelet, Caleb?!?!?" ...

Then pay close attention. Because I'm going to show you what it is, why you need one, and best of all -- how to make one for pennies on the dollar.

Put simply, a survival cord bracelet will help you to survive. It can be used for everything from stopping blood flow during an emergency to creating a clothesline to air out your supplies.



The cord that is used for making that bracelet is parachute cord, sometimes called the shortened "paracord" or even "550 cord."

It was originally manufactured to military specification for use in making suspension lines for parachutes. Like anything else made to meet military specifications, it's a lot more than it seems to be; tougher than any other comparable cord.

The name "550 cord" comes from the fact that a single strand of milspec paracord must be able to support 550 pounds hanging from it. That's pretty amazing, when you consider that it's only 5/32 inch (4mm) in diameter. By comparison, a normal three stranded 1/4 inch nylon rope (made of the same material) has a 124 pound rating, much lower than the paracord.

Most of the colorful paracord sold at retail is commercial, as opposed to milspec, as the military specification limits the colors to those normally used for military applications.

Before accepting any paracord as being milspec, you should verify that the manufacturer has a valid Mil-Spec Certification Certificate. Even this may not prove the cord to be milspec, as the same manufacturers often manufacture cord for the military as well as civilian markets.

So that's step #1: If you're making a bracelet, you want mil-spec paracord. After all, wouldn't would make sense to carry the best possible paracord, rather than something that might let you down in a pinch?

So just what is paracord good for anyways?

Well, a lot of really cool things...

You can make replacement straps for a backpack or purse with it.

You can replace your boot laces with it, to ensure you have a few feet more on hand at all times.

But these aren't the main uses for the paracord.

Besides a good knife and some matches, rope is probably the most useful survival tool around. Its utility comes from its versatility. Some of the many uses for paracord in a survival situation include:

**Pitch a tent** – If you've got a tarp or poncho and some paracord, you can easily make a tent to keep yourself out of the rain.

**Hold up your pants** – When your belt breaks at the wrong time, you can use

paracord to make a belt or suspenders.

**Hang a bear bag** – Hang your food from a tree branch, high enough to keep any bears that are visiting your campsite from getting into it.

**Sleeping in a tree** – If you've seen Hunger Games, you might remember Katniss tying herself into a tree to sleep at night. I would have tied my body to the trunk of the tree, rather than just tying my legs to a branch, but the idea is the same.

**Stop blood flow** – In the case of a serious injury to a limb, you may need to stop or slow the flow of blood. A tourniquet made out of paracord will do the trick.

**Repairing broken equipment** – If a backpack strap breaks or some other piece of equipment falls apart, paracord can be just about as useful as duct tape for emergency repairs.

**String a clothes line** – Eventually you'll have to wash your clothes. A clothesline is a much easier way to dry them than throwing them over bushes, where they'll pick up leaves, bugs and twigs.

**Repair torn clothing** – Take the paracord apart and use the internal strands to sew back on buttons or repair tears caused by the underbrush.

As dental floss – While you've got your paracord torn apart for sewing, you can take the inside yarns apart and use the individual fibers for cleaning between your teeth.

**Tie up a captured enemy** – If you're the type that doesn't want to kill your enemies, but forgot to bring a pair of handcuffs, you can tie them up with short pieces of paracord. Using short pieces is much more secure than long ones, as each additional wrap with a long cord gives more opportunity for slack in the cord.

As a safety rope when climbing – While paracord isn't climbing rope, it will support your weight. If you aren't all that sure of your climbing ability, use a couple of runs of paracord to catch you, in case you slip.

**Use it for a sling** – If you happen to fall while climbing and need to take care of a broken arm, you can use paracord to tie sticks to your arm for a splint, and then make a loop out of paracord for a sling.

**Make a backpack** – If you find yourself lost without a backpack, you can use paracord to tie up any bundle, putting shoulder straps on it to use as an emergency backpack.

Make a shelter – The hardest part of making a lean-to or other shelter is coming

up with some way of tying it together. While you can use grass, it's a lot harder than it looks. A little paracord will make it much easier to tie those tree branches together.

**Start a fire** – Make a bow drill for starting a fire.

**Make snow shoes** – Snow shoes are a loop of wood, with cords strung across it, making a surface that won't sink into the snow easily. A perfect application for paracord.

**Get some food** – You can make a sling out of paracord (not a slingshot), use the inner strands for fishing line or make snares to catch small game.

**Hang something around your neck** – Flashlights, compasses and signal mirrors are easily lost. Hang them around your neck on a loop of paracord to keep them from getting misplaced.

Obviously these 19 suggestions aren't by any means a complete list

My intent here isn't to show you everything that you can do with paracord or a paracord survival bracelet, but merely to make you aware of the value of having it in a survival situation.

Now, of course you can buy one ... but like we said before they can be kind of pricey.

Now, because we want to be self-reliant, I'm going to show you how to make an awesome mil-spec bracelet yourself... the DIY way... for pennies on the dollar.

Let's get started...

**STEP #1:** First, you'll need to determine the length of the bracelet you want to make. To do so, measure around your arm and then add an inch to an inch and a half, including the length of the buckle.

You'll need about a foot of paracord for every inch of your bracelet length, less the length of the buckle. So, if you are making a 7-1/2 inch long bracelet, subtract the inch of length for the buckle and multiply by a foot, giving you 6-1/2 feet. Cut it a little long, say at 7 feet, just to be sure you have enough. You can always trim it, but it doesn't stretch well.

**STEP #2:** Use the lighter to melt the cut end of the paracord, eliminating any fraying and sealing the end together so that it doesn't continue to fray.

**STEP #3:** Fold the piece of paracord in half, so that the ends line up. You will start working from the midpoint. Run the midpoint through one of the buckle

loops and pull the cord all the way through the loop that is formed, until the loop is tight up against the buckle. This makes a half-hitch knot.



**STEP #4:** Separate the buckle and run the free ends of the paracord down through the loop on the other end of the buckle, pulling the cord through the loop until you reach the point where the overall length of the bracelet, including the buckles is the desired finished length.

*Note*: the amount of cord you leave between the two buckles is important as it will determine the overall length of the bracelet.

You will be working from the second end of the buckle. For ease of working, it is helpful to use something to hold this in place. For the photos, I used a couple of small nails to hold it in place on a board. The other part of the buckle is held in place by a clip.

**STEP #5:** Take one of the loose ends of the cord and pass it under the two strands that are going between the buckles. Then take the other strand and lay it over the two strands as shown in the picture.



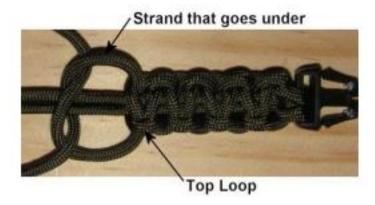
*Note*: It is important to keep track of which string goes under and which string goes over, as they must consistently do that. So, in the case of the picture, the

string that was on the bottom side of the picture went under and the string that was on the top side went over. For the next row of the bracelet, the string that goes over will be starting from the top, not the bottom. It is the same string, it has just changed sides.

**STEP #6:** Pull the end of the back string through the loop made between the opposite side and the center strands. Then push the front string through the loop made between the opposite side and the center string. Once both ends have been put through the loops, pull tight.



**STEP #7:** Continue tying the knots to make the bracelet, alternating sides to keep the pattern consistent. Don't lose track of which strand is going behind, as that strand always needs to go behind to keep the pattern consistent. After a while, it will look like this:



Note: If you lose track of which strand goes over and which one goes under, you

can tell by looking at the knots on the bracelet. There is a loop on the side that goes over the top. The strand on the other side of the bracelet is the one that goes underneath the two strands in the middle.

**STEP #8:** You will need to continue tying knots until you reach the other end of the bracelet. Don't worry; once you get the hang of it, it goes very quickly.

**STEP #9:** Once you reach the buckle at the other end of the bracelet, you are ready to finish it off. To do so, cut the excess cord off about 1/8 inch away from the bracelet. Using the lighter, melt the end of the cord to seal it and prevent it from raveling.

There you have it...

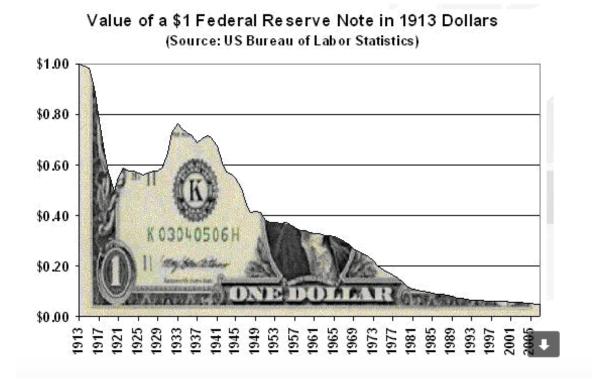
A tool you've just made that can do everything from cutting off excessive blood flow... to hanging clothes... to even cutting wire ties in an emergency.

### Chapter 6: Make 2015 The Year You Never Worry About Money

I've been researching a lot of scary things about the U.S. dollar recently...

For example, we all know that the dollar's worth a lot less than it used to be.

But what most people don't know is that the dollar has lost a whopping 98% of its value since the Federal Reserve was created in 1913.



And now we're seeing a lot of very smart analysts predicting that the dollar is about to be replaced by a new world currency.

Added to all of this is that the financial markets have been bouncing around like a yo-yo recently - up and down, up and down. It sure seems like something's going to melt down. And soon.

So I'd like to show you a simple alternative to making sure you're safe in a meltdown ...

If you're like most people, you probably haven't given much thought to what would happen when a financial collapse happens and the banks are closed and the ATM shuts down.

Of course, financial collapse will quickly lead to social collapse. People won't be happy when you take away access to their money.

What are you going to do when you go to the store (while it still has food) and you have to pay with cash because the electronics are down and they don't take debit or credit cards?

Have you ever seriously thought about this scenario?

#### **REAL Money ...**

It is always a smart idea to have a small stash of gold and silver on hand. Something that's real currency. Something that can't be destroyed by the the federal reserve.

So what does that entail?

First, you have to actually buy some gold and silver...

**[Editor's note:** The Hard Asset Alliance is the best place we've found to easily buy, take delivery, or store your precious metals. Click here for an excellent article from the Hard Assets Alliance on why Silver is a "no brainer" investment.

If you're taking delivery of your metals (which I HIGHLY suggest you do so that you have easy access in times of a crisis) then you NEED a safe.

Smaller safes can be purchased at such places as a home improvement store.

Safes are heavy so I would not suggest ordering one off of the internet unless you want to pay more in shipping that the safe itself costs. (I will say that if you have Amazon Prime, you can get away with getting a safe and not pay for shipping!)

Larger, heavier safes can be bought through a gun dealer or sporting goods store. A lot of times they will deliver it to your house (for a fee) and set it up in your house.

There are also smaller fireproof lockboxes which you can use as well to store important documents, etc. But to keep anything of value such as money, you probably want a larger safe.



(So you know, getting a huge, fire-rated safe for all your guns that aren't being used for home defense will also work well for storing gold & silver).

Look, recently some countries have had runs on their banks or the banks have closed. There have also been instances where the bank went directly into people's accounts and took their money.

Yes, it's true!

Do some research and you will see the areas where this has occurred (YES, even in this modern day and age).

It never hurts to have cash on hand when you are thinking about surviving disasters...

But investing in gold and silver is a must do for anyone that's serious about surviving long term. I'd suggest staying with the 1 ounce gold and silver American eagles.

Yes, you'll pay a slightly higher premium for these coins. But they're easily sold and exchanged everywhere across America (unlike some foreign gold coins, for example.)

Although the 100 ounce bars don't have much mark up, they're going to be tough to use in a survival situation. But they're great if you're just holding on to your gold as a store of value against the dollar.

Either way, make sure to take delivery of your gold. And this is where a safe comes into play. Anything of value to you should be stored in a safe. Safes are not easily stolen and deter a would-be thief if you happen to not be around.

All of these are personal choice items and not necessities -- but our philosophy is to be safe (no pun intended) and not sorry.

## Chapter 6, Article 2: Do You Have \$3,456 Buried In Your Garage?

Now I'd like to talk about a different sort of a freedom...

Freedom to do what you want. When you want. With whom you want.

Without ever having to worry about... money.

I'd like to show you a few simple ways to begin to build wealth -- no matter your age, location, or level of education.

Now, before we get started, I'd like to take a moment to discuss one of the worst wealth stealers of all time -- taxes.

Put simply, taxes are theft. I despise them. And if you're who I think you are, you hate them, too...

But taxes are something we have to consider when making more money. So while some of what you're about to see falls into a legal gray area of potential "tax-free" income, know that I'm not endorsing not paying taxes.

When you make money, whether by selling an item for more than you paid for it or by providing a service, you are legally obligated to pay taxes. Plain and simple. Don't mistake what I'm about to show you for any tax dodging advice.

Got it?

Good.

Let's have a look at the ways in which you can pocket some extra cash out of the alternative economies, in order to make your retirement a little more comfortable.

#### SECRET INCOME SOURCE #1: Do You Have \$3,456 Buried In Your Garage?

Many of us are sitting on a mountain of wealth. It's not a mountain of gold coins. In fact, most might see it less like a source of wealth and more like a mountain of junk.

Not to promote any extreme hoarding tendencies, but... all that you own, which you do not use, can provide you with some retirement comfort.

Selling your unwanted possessions is, of course, not a source of continuous income.

Unless you are a particularly passionate consumer you will eventually run out of junk!

It does provide you with money, however, not to mention more space. If your junk is particularly spacious, you may even be able to downsize your home.

You'll make money, and you'll save money, all in one fell swoop!

The traditional way to get rid of all things unwanted is to have a garage sale. If you live in a highly populated area with a thriving second-hand community this



can pay off.

If you don't, you'll be spending a lot of time organizing your sale, a lot of time standing around, and even more time re-organizing or hauling off all that you could not sell.

You will earn some money, of course, but not efficiently and chances are that your items are not living up to their sales potential. So if you fall into this category, what do you do?

### SECRET INCOME SOURCE #2: The World Marketplace At Your Fingertips

The 21st century way to sell your unwanted possessions is through the Internet.

In much less time than you would spend organizing and tagging your items, getting the neighborhood association to sign off on your garage sale, putting up posters, and organizing and running the sale on the day, you could be photographing and describing your items online.

Instead of sitting around watching your neighbors decide on whether or not they want to haggle about your old lamp, you could be responding to e-mails in your own time or take phone calls while you get on with your day.

To get the most out of your time and out of your items, opt to sell through the channels that are the most appropriate for your items.

Smaller items, such as books, high quality pieces of clothing, and valuables, such as antiques, collectibles, or jewelry, do best on auction sites such as eBay.

Larger items, which would be expensive to ship, and items of lower quality tend to get more attention through local websites, such as Craigslist.

Consider also the possibility of listing items through websites and businesses that specialize in those particular items, or selling directly to businesses.

A second-hand bookshop may only give you few dollars for an old language course, for example, but Pimsleur Marketplace will pay you up to \$80.

Play It Again Sports buys used fitness equipment.

A web search will let you know which businesses are willing to buy your specialty items, and another web search will let you know if it's a scam.

If you are uncertain about a site's validity, even if it looks professional, you can also try looking them up on Ripoff Report.

But what if you don't have any goods you want to part with? What if you only have skills that could be valuable to your neighbors?

Next I'll show you a shockingly simply way that many everyday Americans are growing their wealth... even in the darkest of economic times.

# Chapter 6, Article 3: How to Get Almost Anything You Want (without ever paying for it!)

It's called "the barter economy."

And if you want to stay tax-free... and to cut out the middle man... then enter the money-free economy!

Instead of selling things that you no longer want, or accepting money for services, trade them for the things or services that you do have use for.

It sounds silly, I know. But stick with me for a moment. There's a big payoff.

Bartering can be as easy as knocking on your neighbor's door and offering to mow his lawn in exchange for borrowing that same lawnmower.

Of course, it can also be more advanced.

If you want to get the most out of your bartering, chances are that you will need to go beyond your network of willing family members, friends, and neighbors.

How about turning to bartering-friendly strangers?

Even if you don't have a bartering economy set up locally, there are ways to use the Internet to your advantage.

If you just want to swap one item for another similar item, for example to minimize your entertainment costs, there are plenty of websites set up for precisely that purpose.

### CHAPTER 7: PROTECTING YOURSELF FROM PRYING EYES

I'd like to talk about something we shouldn't have to talk about at all...

Your *privacy*. And how to keep it.

Unless you've been living under a rock, you know about Edward Snowden's whistle blowing revelations. It's now no secret that the National Security Agency's (NSA) is spying on all of us.

They're able to read our emails. To listen to our phone calls. To watch us text message.

And for what?

"To protect our great nation from terrorism," they'll say.

"Bulls%^&," I say.

Instead, our government could soon be calling conservatives, Christians, and pro-life supporters terrorists, along with anyone else who doesn't agree with Obama's liberal agenda for America.

That's why I'd like to show you how to keep your private life... private.

Before we get started, you should know there is no 100% foolproof method of keeping the NSA from spying on you, other than totally disconnecting and going off the grid. But by taking a few simple precautions, you can do a lot to secure your personal information from these spies.

#### Closing the Door on Electronic Spying through Your Cell Phone

The first step in closing the door is to become aware of what is happening. And one of the easiest ways for the NSA to spy on you is through your smart phone.

As cellular phones have increased in capacity, that capacity has reduced the amount of protection you have. Today, the NSA as well as others can track you through your phone's GPS, read your text messages and e-mail, download and upload files and photos to your smartphone and even listen in on your conversations.

This isn't just the government I'm talking about, just about anyone can do it.

The way that the NSA or others gain access to your cell phone is by sending a program to it. This can be done remotely, without you even knowing it. Similar to a RAT (Remote Access Trojan) on a computer, this piece of malware allows them to control your phone from a distance.

Cell phones are easier to do this with because their programming is simpler and there isn't as much anti-malware security built into them.

Few people bother putting anti-virus programs or anti-malware programs on their cell phones. Those that do, don't run the programs often enough to ensure that their phones are clean.

The easiest solution to that is to get rid of the fancy phone.

Now, I know that might be hard to do, but once you do it, you'll find that it really isn't all that bad. I use a simple cell phone that has minimal functions.

For the other functions that most people do on their smart phones, I have my iPad, which isn't set up to connect through any phone system.

That one step has closed the door to many who want to know what I am doing.

If you don't feel that you can get rid of your smart phone, then there is another option.

Some manufacturers of cell phone accessories are starting to make cases for smart phones that block radio waves. This prevents people from accessing your cell phone while the phone is in the totally enclosed case.

Of course, you can't use the phone while it is in there either; which means that your friends will have to wait for you to take the phone out of the case for you to receive their text messages.

Here's one that's worth you checking out:

#### https://offpocket.com/

It's called off pocket, and it looks like it can protect your phone against the NSA, google, or any of the other privacy thugs. I don't get any kickback or commissions for mentioning this to you. There's no conflict of interest. I just think it's an interesting tool for you to check out ...



## CHAPTER 8: HEALTH HACKS TO LONGER LIFE

Yes sir, ole Caleb was madder than a hornet this year...

Why?

Because, through an unfortunate series of events I'm now having to deal full force with the fiasco that is OBAMACARE.

To make a long, *painful* story short: had a bit of a mixup early this year that caused my insurance to get cancelled ... and then ... I recently tried to re-sign up with my insurance company, only to discover to my shock & horror:

- 1. The insurance that, you know, the Feds MANDATE you buy (a.k.a. King's decree punishable by fine, imprisonment and eventual death if you refuse)
- 2. I can't even BUY right now!

Yup, only the boneheads in Washington could come up with such a plan ... the "open enrollment period" and it is now closed.

I'm in the ridiculous position of having to "beg" someone to let me buy something I NEVER wanted or (in reality) needed in the first place.



The 3 Percenter Report

In short, the Feds have once again created a sh\*t show.

So we're going to talk about what they're offering...

There has been a lot said about Obamacare providing better insurance than what people had available to them before.

According to various proponents of Obamacare, those "sub-standard" insurance packages (which people were perfectly happy with) didn't provide all the healthcare services that people needed.

To make sure that everyone receives at least a minimum level of coverage, Obamacare requires that all insurance policies cover these ten areas:

- **1. Outpatient care** Healthcare services given to patients, without the need to check in to a hospital. This includes healthcare services at a hospital or doctor's office.
- **2. Emergency services** Trips to the emergency room for whatever reason are covered under Obamacare.
- **3. Inpatient care** The cost of hospitalization, including hospital services and treatment that is performed while the patient is in the hospital.
- **4. Pre-natal and post-natal care** Medical care for the mother both before and after the baby is born, to include the cost of childbirth itself.
- **5. Mental health and substance abuse** Any mental health services, including behavioral health treatment, counseling and phychotherapy. This also includes treatment for substance abuse.
- **6. Prescription drugs** All medications prescribed by a doctor.
- **7. Disability and injury therapy** If therapy is needed for pre-existing conditions or due to an accident, the costs of therapy are fully covered. This not only includes physical therapy, but speech or language pathology, psychiatric rehabilitation and other types of therapy.
- **8. Lab tests** All lab tests ordered by a doctor, whether performed in his office, at a hospital or by a separate laboratory.
- **9. Preventative medicine** There are a wide variety of preventative healthcare services covered, including vaccines, counseling and screening. Basically, anything to keep you healthy or care for a chronic disease.
- **10. Pediatric services** All medical costs for children. This also covers dental

and vision care for children, which are not covered for adults.

This exhaustive list is included in all health insurance policies issued since Obamacare was implemented, which has caused many insurance companies to cancel pre-existing policies.

The patient has no choice about purchasing these, as they must be included.

Catastrophic policies, which just cover major medical expenses have been largely eliminated, except in very specific cases. This eliminates the most cost-effective option for the self-employed and low income families who are still above the maximum level to receive Medicaid.

And again, the young people suffer ...

Most young people would do better with a catastrophic policy because they don't get that sick often and don't need much medical care. They simply need "insurance" in case the unthinkable accident or life threatening injury happens.

#### The Plan Tiers

While the actual deductible varies by policy, company and the state you are living in, we can see a definite difference in the deductible as we look at the plans offered on the exchange for any one part of the country. The following is a fairly good basis of comparison of the deductible levels for a family, looking at the various tiers:

- Bronze plan \$7,000 \$12,700
- Silver plan \$3,000 \$9,000
- Gold plan \$2,500 \$6,000
- Platinum plan \$0 \$2,000

As you can see, the deductibles for the bronze plans are very high.

That means that if you select a bronze plan, your family will be expected to pay somewhere between \$7,000 and \$12,700 of your own medical expenses, before your insurance company pays for anything.

So, all those "freebies" that people have been talking about receiving under Obamacare are really a lie.

They're only free, once you've paid for a lot of your own healthcare expense.

Is there any way to make it through the next few years with your wallet and you life intact in the new world of Obamacare?



Yes!

I've got some ideas for you...

While Obamacare requires that everyone in the United States have health insurance, not everyone is going to obey that law.

In fact, many are choosing to not buy health insurance. Those people are going to have to pay the IRS a fine for not buying health insurance.

However, the fine is much cheaper for most people than paying for the insurance could ever be.

The fine for not buying health insurance in 2014 is \$95 per person or 1% of your income, whichever is higher. This increases to 2% of your income or \$325 per person in 2015 and 2.5% of your income or \$695 per person in 2016. After that, it increases incrementally to match the inflation rate.

While these fines may seem steep, especially after a few years, they are considerably cheaper than paying health insurance premiums.

People are justifying choosing to opt out of Obamacare based upon the high cost of the premiums, along with the high deductibles.

To most people, the high deductible means that the health insurance would only be applicable in the case of a catastrophic health problem.

Of course, if one doesn't buy health insurance, then they have to cover all of their own healthcare costs. Depending upon the health of family members, this could end up being quite high.

So, taking the step of not buying health insurance is something that should be thought about thoroughly before deciding.

#### Other Options if You Don't Buy Health Insurance

There are a number of options you can use to assist with your healthcare costs, should you decide to opt out of Obamacare and not buy health insurance.

While none of these options are for everyone, you can probably find a system that will work for you.

• Join a health care sharing ministry – These organizations are made of members who voluntarily help each other out by sharing each others' healthcare costs. Each month, members send their membership dues to another family who has applied for assistance from the ministry.

- Purchase short-term health insurance Some companies are still offering short-term health insurance policies. As these policies don't last over a year, they are not subject to the same regulations as Obamacare. Since they do not offer the same level of coverage, they are considerably cheaper.
- Buy an alternative insurance plan These plans pay cash to you, the insured, in the case of a medical emergency. The amount they pay doesn't always cover medical expenses fully, but can help. A related option is to increase the medical insurance portion of your automobile insurance, so that it pays for more of your medical expenses in the case of an accident.
- **Use cash-only clinics** As Obamacare has been being implemented, cash-only clinics have been sprouting up around the country. These do not accept insurance, only cash customers.
- Go out of the country Many medical services are available in Mexico (and other countries) for considerably lower costs than here in the United States. There are many private hospitals and clinics which offer excellent care. You are expected to pay cash for whatever services you receive and a family member needs to stay with the patient. The cost savings more than makes up for airfare in most cases.

For example, my wife once got sick in the Dominican Republic and we spent three nights in the hospital there. She had constant care including IV's and medicine. My total bill was slightly over \$1,000 USD at the end of the stay. I doubt \$1,000 would cover one hour in the U.S. much less three days.

• Negotiate fixed price rates for hospital stays and surgery — The additional costs are often the worst part of any hospital bill. Negotiate a fixed price or use a negotiation service to do this for you. That lowers your overall cost and provides you with a real number that you can work with for planning your budget.

The real risk in going without insurance is if something catastrophic happens to a family member.

While hospitals are still required to accept all emergency patients, the cost of an emergency room visit can be quite high. Without insurance, you will have to pay this yourself.

Again, before Obamacare, you had the option of paying a low price to receive protection in case the "worst" happened and you had to go to the emergency room for catastrophic care ... Now, that's not really an option for most folks.

Now, in 2014 we saw a serious outbreak of Ebola...



And as you know, this is one of those things I think can happen in 2015, too. So how to do you prepare?

Read on...

## Chapter 8, Article 2: Surviving EBOLA

I'd like to show you a few simple things you can use to nuke the Ebola virus, and stop it from spreading around your city, your town, or your home.

First, although it may not seem like it, viruses are actually rather easy to kill outside of a living host.

They are very fragile organisms.

#### One of the easiest ways to kill any virus is by exposing it to ultraviolet light.

Ultraviolet breaks down the outer protein covering of the virus, called the capsid, rendering the virus inactive. It doesn't cause mutations either, a common problem with some other means of combating these miniscule organisms.

Since sunlight is composed of the entire visible and invisible light spectrum, it contains ultraviolet light, so it can kill viruses fairly easily.

That's one of the major reasons why influenza spreads more readily in the wintertime than it does in the summertime.

Not because there is less ultraviolet light in winter, but because people spend more time indoors, under artificial light, where there is no ultraviolet to kill the influenza virus.

Since ultraviolet is uniformly fatal to viruses, one great protection from it is to be outdoors, especially in bright sunlight.

The same can be used to disinfect objects or people who might have had contact with an Ebola contamination. While the ultraviolet light can't do anything to kill Ebola (or other viruses) that might be inside the person or package, it can do something to kill Ebola particles on the outside.

Simply standing in the sun outside or using ultraviolet lights (black lights) in the entryway of your home could be a partial protection against an Ebola infection.

High temperatures seem to work against both bacteria and viruses, too ...

Specifically, Ebola is killed by temperatures above 60oC (140oF). While temperatures this high can be harmful to people as well, they can be used to disinfect surfaces which have been infected by Ebola. Bodies of people who are killed by Ebola are typically cremated, as the high temperature of burning the body kills the virus as well.

Ebola, like most viruses is also susceptible to disinfectants. There are a broad range of disinfectants which are known to be lethal to Ebola, such as:

- Sodium hypochlorite
- Lipid solvents
- · Phenolic disinfectants
- Peracetic acid
- Methyl alcohol
- Ether
- Sodium deoxycholate
- 2% Glutaraldehyde
- · 0/25% Triton X-100
- ß-propiolactone
- 3% acetic acid (pH 2.5)
- Formaldehyde
- Paraformaldehyde

Please note that many of these are dangerous to humans as well. So, don't rush out and try to use them as a medicine against Ebola or spray them on a mask you are wearing, to try and prevent Ebola from passing through the mask.

Killing yourself by chemical poisoning is not a good solution to avoiding viral contamination.

#### And here's the weird trick we should all know...

Ebola can also be killed by common bleach, such as we use to wash clothes. You need to make sure that you are using Chlorine Bleach and not the color-safe bleaches. They are made of different compounds and will not work the same way.

### CHAPTER 9: ENERGY ON THE CHEAP

You're pissed off that your energy costs are rising.

And you're pissed that energy CEOs continue to rake in the big bucks, while you and I are left with an outdated power grid -- one that could go down (and stay down) at a moment's notice.

How do I know you're so pissed?

For two reasons...

First, I'm pissed off, too. And since you made it this far on this journey with me, I know you and I are a lot alike.

And second, a buddy of mine runs a very successful publishing business that shows readers how to generate free, reliable power. His business has sold over 350,000 copies of his instruction manual. So "free, reliable" power is in great demand right now.

That's why, I'm going to show you some ways to generate your own power. Not only will you save money, but you'll better your family's safety, too.

Let's get started...

Now, I'll tell you upfront -- generating your own electricity isn't a cheap proposition...

If it were, more people would be doing it. However, if you have the capability of doing some of the work yourself, you can make it affordable. While the equipment is fairly expensive, the more you can do yourself, the less expensive it is.

And you don't have to produce ALL your electrical needs in order to save money.

Most people who go off grid do so gradually. They start out with a few solar panels or a simple wind generator and add to it. Over time, they reach the point where they are able to produce enough electricity to meet all their needs. A man in my town did this, gradually adding to his system over a ten year span, to the point where he is now able to produce enough to sell it back to the electric company.

There's another reason to produce your own electricity, besides trying to save off

the cost of your electric bill; that's to make sure you have electricity in the case of emergency.

#### The electrical grid is the most fragile part of our infrastructure.

Any serious weather causes people to lose their electrical power.

Remember the hurricane that hit the east coast last year? Remember those ravaged towns that went without power for weeks? And remember those milelong lines of people waiting for gas to run their generators?

Answer this: What would happen to your family -- your home -- if we had a major event that caused serious damage to the grid?

Yet if you have your own ability to produce even some of your electricity, you can keep on functioning when everyone else is in the dark.

While you might not have enough to take care of everything, if you have enough for your critical systems, you'll be much better off than everyone else. That makes the investment worthwhile.

So let me show you one of the most popular ways to start generating your own power today...

### When most people talk about off-grid power, they are usually thinking of solar power.

Solar electrical power generation has gained a lot of credibility for home and office use, even though the initial investment is rather high.

The really great thing about solar power is that it is abundant and cheap. While equipping a home for solar can cost as much as \$30,000, there is literally no operating cost once installed.

There is very little that can go wrong with the system, so maintenance costs are negligible.

Photovoltaic (which means that it produces electrical current from light) panels do lose some of their efficiency over time, but these systems are designed with that in mind.

There are very few places where solar panels can't be used; chiefly those that have constant rain and overcast skies. While they will work with light cloud cover, the heavier the cloud cover, the less efficient the solar panels become.

A solar panel consists of a number of photovoltaic cells. These cells can vary in

size, although all of the ones used in a single panel will all be the same size. The cells produce 0.5 volts of electricity, while ranging from one to five watts each (larger ones produce more watts of power).

These individual cells will be connected together so that the panel produces somewhere around 20 volts at however many watts (this varies from model to model). That voltage is used to charge 12 volt batteries and the power from the batteries is inverted up to 120 volt house current.

It may seem strange to you that the solar panel is producing 20 volts, when the batteries only need 12 volts. The difference is to take care of the loss of efficiency I mentioned a moment ago, as well as to ensure that there is still enough power on days with some cloud cover.

A typical solar panel will produce anywhere from 60 to 250 watts of power, depending upon its size. Let's put that into perspective. Nationwide, we use an average of 11,280 kWh (kilowatthours, or 1,000 watts for an hour) per household per year; that's 940 kWh per month. Since a 30 day month has 720 hours in it, we're using an average of 1300 watts of power continually.

That's 1300 watts at 120 volts AC. When you boost 12 volts to 120 volts (multiplying it by 10) you have to divide the available wattage by 10. So, if you have a 250 watt solar panel, it will only produce 25 watts at 120 volts. In other words, to get 1300 watts of power, you need 13,000 watts of solar panels.

Unfortunately, it gets worse than that. You can't produce solar power 24 hours per day; only during the daytime. So, in reality, you need to produce more electrical power in the daytime, in order to power your home at night as well. That extra power would be stored in a battery bank. Building all that capacity costs a fair amount of money.

Don't get scared now; remember, you don't have to put it all in at once. You can start out with a couple of panels and add as you have the capability. That's what most people do, spreading the cost out over several years.

While you can buy solar panels already made, you can save a considerable amount of money by making your own solar panels, instead of buying premade ones. A solar panel consists of a bunch of solar cells that are connected together by wire. The whole thing is mounted in a moisture-proof enclosure with a glass top to let the sunlight in.

The hardest part of building a solar panel is connecting the individual solar cells together electrically. You can buy either tabbed or untabbed cells. The "tabs" being referred to are short wires soldered to the cell. If you do not have a lot of experience soldering electronic circuit boards, I'd highly recommend buying tabbed solar cells, as they are somewhat sensitive to heat.

#### Okay, we need to talk a little electronics here.

The solar cells can be connected together in two ways; in series or in parallel. If you think about a normal 2-cell flashlight, you put the batteries in with the positive end of one in contact with the negative end of the other. That's a serial circuit. The voltage of the two batteries is added together, making 3 volts from the two 1.5 volt batteries. The current (watts) doesn't increase, but is the same as one battery.

In a parallel circuit, the positive ends of the batteries would be connected together and the negative ends connected together. This causes the current to add, while the voltage stays the same. For a solar panel, we do both. 36 solar cells are connected in series in several strings, each of which is creating 18 volts. Then, those strings are connected in parallel, adding the wattage together.

As additional panels are added to the system, the only thing that needs to be done is connect them in parallel with the previous ones. Always be sure that the capacity of the battery charger is high enough for the number of panels connected and the capacity of the voltage inverter is high enough for the load connected to the system.

Of course, this is just a very basic example of how to get started with your solar panel system. Consider it Solar 101.

If you're serious about solar generation, then here's what I suggest you do...

Remember the buddy of mine I mentioned earlier? The one that runs a very successful power generation publishing business?

Well, his course is the best solar generation course I've ever seen. In fact, everything I've learned, I've learned from him.

You need to watch his presentation on generating energy. Watch it right here.

==> Click here to see the no-cost presentation on generating energy

### CHAPTER 10: SURVIVAL GEAR REVIEWS TO SAVE YOU TIME AND MONEY

Recently, I decided I wanted to get a good pair of "general purpose" boots.

Now, here's the thing ...

I've been a "flip flops" kind of guy for most of my life. I mean practically my entire adult life. Because I spent so many years going in an out of dojangs (martial arts schools) -- I have worn flip flops 80% of my walking career.

The good news is: wearing as little as possible on your feet is great for your foot, ankle, and toe health (I don't have time to get into it here, but you may have noticed that "barefoot running" has become all the rage the last few years. That's why).

The bad news is: I knew almost nothing about what makes good boots, what is out there and how to wear them for things like hiking/rucking. Now I know a little less than nothing.

So I started doing research ...

#### Take a look at this Spec Ops group from the Sandbox:



All the sources I've read label these guys as Navy SEALs, but the point is almost

all the spec ops guys overseas ditch the standard issue desert boots for high(er) end commercial/civilian hiking boots (case in point, 3 out of the 4 guys in this pic are wearing Merrel).

After doing some research and looking for a pair of "light duty" hiking boots/shoes, I decided to get my feet wet (hopefully not literally, it hasn't happened yet) on the Moab Ventilator Hiking Shoe pictured below:



#### Merrel Men's Moab Ventilator Hiking Shoe

I knew I'd be doing some light hiking/rucking with a "light" pack (less than 50lbs), plus general walking around/outdoors stuff, so this was my first foray into the hiking shoe/boot world.

The first thing to notice when you click here to check these puppies out on Amazon, is the 4.4 out of 5 star reviews. Obviously, this is a popular entry level hiking shoe.

#### So what do I think so far?

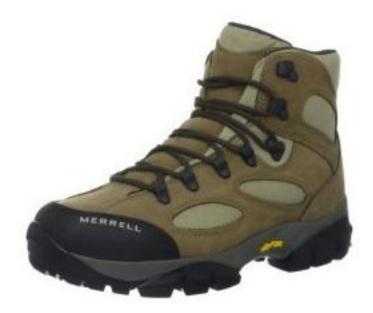
Well, as I said, I'm far from an expert, but here are my impressions.

\*\*\* Standing all day: at the one-day Dynamic Shooting Class I took, my heels and lower back were KILLING me from standing up all day in the concrete floored inside shooting range when I was wearing New Balance minimalist street shoes. I'm conditioned to short runs/sprints in barefoot running wear. I'm NOT conditioned to standing up all day at all, so the minimalist footwear didn't help at all. And that was just 8 hours.

After getting the Merrels before my last class at Academi, I got to see how that was. The Academi class was outdoors (little more forgiving rockbed shooting range) but it was 2-days. My feet felt great afterwards. Not a perfect test for sure, but meaningful to me since it seemed to help. Also, I wore these during the 3-day instructor bootcamp out in Utah, and through all the traveling (airports, more indoor walking/standing, and they were great).

- \*\*\* **Hiking/Rucking:** I've only worn these hiking/rucking with 25lbs in a pack once since I got them. They held up great, my feet definitely did not hurt at all and I obviously had plenty of grip, etc in the mild woods near my house.
- \*\*\* **Support:** I look at this two ways: I've never felt like I have weak ankles (knock on wood), so "high top" shoes never felt more supportive to me. But, I can definitely feel -- even with these low tops -- more support in the heel region and with more weight over my feet (with a pack on, etc).
- \*\*\* Looks: I think these are pretty popular from what I can tell (1,278 reviews on Amazon as I type this). And they don't look too "military" or anything. I feel like you could wear these almost every day and most people would not bat an eye (which is good because I don't think anyone wants to look like a "crazy survivalist"). I got the regular walnut color but Amazon shows like 11 colors so you can match them to your purse (if you're into that sort of thing) ...
- \*\*\* **Price:** I gotta say, jumping into the "good shoes/boots" market had me a little scared. These are under \$90 shipped from Amazon. You can't beat that.
- \*\*\* Final Verdict? For what I bought them for -- light duty hiking/rucking and general wear during the winter or outdoors -- they are great. I know they're not water proof, but I hope they're a little water resistant, I'll probably get to test that this winter.

Now, when I get into doing some serious miles and rucking with a bigger pack, I might move up to a more serious hiking boot such as the Merrel Sawtooth (very popular with SOF too) pictured below.



#### **Merrell Men's Sawtooth Hiking Boot**

But until that time I'll be putting these Merrel Moabs through their paces.

One more thing:

I bought a couple pairs of "hiking" socks to try out because ... well I've never had "hiking" socks.

I tried both these Wigwams:



#### Wigwam Men's Cool-Lite Mid Hiker Pro Quarter Length Sock

And I also tried these "Darn Tough" Merino Wool Socks:



#### Darn Tough Vermont Men's 1/4 Merino Wool Cushion Hiking Socks

I really don't know what I am doing when it comes to good hiking socks, but I heard the Wigwams were good and I wanted to try some type of Merino Wool.

#### My verdict?

Both worked great! That's about all I can tell you now as I haven't worn them multiple times each but the Wigwams seemed very "breathable" and your feet dont sweat while the Darn Tough Merino Wool's kept my feet warm in Utah mornings in the desert and ... not too sweaty when it warmed up to like 60F and sunny.

Anyways, if you're in the market for some hiking shoes check out the ones I recommend.

# Chapter 10, Article 2: What I have sitting on my nightstand (guns & gear)

I wanted to real quick give you a quick rundown & review of my "night stand" setup ...

This is actually something that I just setup recently and I forgot to tell you about it.

You see, before I had my guns closeby, but hidden away. AKA they weren't that close to my bed ... and they weren't locked up.

And that worked well before the kids -- heck when I was single I kept a handgun between my mattresses (it was never once a safety problem, but insert comments here about being young & dumb).

Anyways, I've always debated the practicality of locking up the guns you NEED in a life-or-death defense situation -- slowing down your ability to get to them to defend yourself and your family.

However, I'm happy to report that thanks to the innovations of the free market and corresponding technology I can now trust some of the new gun security products.

So let's get to it ...

#### What I Have On My Nightstand ...

Right now, sitting on my nightstand is a <u>Gunvault MV500-STD Microvault Gun</u> Safe from Amazon:



I was worried because this thing either has 5 star reviews or 1 star reviews. Some people must have got a lemon I guess, but out of 509 reviews ... my thoughts are the factory probably just made a few lemons (it happens I guess right).

However, I took the plunge and got one because my good friend Jason Hanson trusts this same brand and make and model.

When I got it, I had to get the battery for it, then it's a simple process to setup your own finger pad code.

**NOTE**: I recommend this model over the newer "finger print scanning" models or whatever (that are more expensive anyways) because I just don't trust that the technology is there yet to accurately read your finger print if you're sweaty, adrenaline pumping (so you're moving your finger around because you're shaking), and need your gun fast.

With this, you set a 4-touch code and in less than a second your safe is open and the gun is in your hands.

Now, inside this are my Sig P225 carry gun and my new (to me, lol) Ruger LCP carry gun. These aren't even really setup for home defense, they're my Concealed Carry guns.

Why?

Well, basically because I go to the safe, open it to get one of the guns when I leave the house. Then when I get home, I open it and stick that gun back in there when I'm taking stuff out of my pockets after I get home.

So convenience.

The great thing is this gunvault is, literally, an arms length away on my bedstand. So all I have to do is roll over and hit the code and grab the gun.

It's ALMOST as fast as having the gun sitting right there on the nightstand.

But, if the kids ever sneak into my room when I'm not around, the guns are locked up. Which is the whole point right?

I highly recommend one of these and the next purchase I believe will be one of their bigger models so that I can fit more "stuff" in there.

I need to get a light in there and I'd like an extra mag (kind of crowded already with the two guns in there because this is the small model).

Also on the night stand are a couple of daily carry pocket knives, again for the same reason they come out of my pockets when I get home, etc

And the cell phone is typically there charging.

So the home defense plan starts with turning over grabbing the phone and getting the first gun (hand gun). Calling 911, and making my way to the home



defense shotgun with the light on it (my home defense shotgun is a completely different topic and I'll share that with you soon).

For now, if you've been nervous (like me) about trusting these new gunvault type gun safes -- give the *Gunvault Microvault* a try -- Amazon has a great price and you can read all the reviews there so you can see what to expect.

Ideally, I'd like to get a number of these, and place them all throughout the house -- so I have access to a gun anywhere in the home -- I'll keep you updated if (and when) I do this.

# Chapter 10, Article 3: My new favorite pocket knife that Navy SEALS love too (gear review)

Growing up I loved the RAMBO movies ...

The RAMBO movies were based off a book written by David Morrell called "First Blood" (hence the name of the first movie). After I read First Blood, David Morrell has since become one of my favorite authors after I found him in my pre-teen years (I've always been a voracious reader of topics that interest me).

Thank God my parents didn't shelter me too much during those years.

It's also the same years I made it my life's mission to become a Navy SEAL when I got older. Around 3rd grade I remember my mom refusing to let me jump into my neighbor's pool with handcuffs on so I could do the "drown proofing" drills I had seen in Navy SEAL training on TV (Bummer!)

Anyways, for various reasons I chose not to become a SEAL when I turned 18, but obviously I still read like crazy and these things still interest me ...

Being well read and somewhat knowledgeable about firearms and whatnot, it always drives me CRAZY when I watch a movie or read a book and the obviously do no research on the weapons or guns used.

David Morrell NEVER makes that mistake ...

His books are always thoroughly researched, and many times he actually goes through intense training while doing research for his characters.

So what does David Morrell have to do with my new favorite pocket knife?

One day, I read the newest David Morrell book "The Protector". The Protector not only has the main character, a former Delta Force operator named Cavanaugh,

using an Emerson CQC-7 knife, but the cover art itself is a blood-stained Emerson CQC-7.

Now, of course, I figure I can't ever afford an Emerson knife, and after a little research the CQC-7 looked like it was out of reach too ...

#### Who Is Emerson?

Emerson, to make a long story short is a "famous" knife maker.

Specifically, he was one of the first guys to custom make -- as in hand make -- folding knives for the US Navy SEALs. This custom version was named the CQC-6 -- either after SEAL Team 6 or because it was the 6th model of design. CQC stands for "Close Quarters Combat".

Ownership of a CQC6 soon became something of a status symbol among members of various elite military units, including Navy SEALs, Army Special Forces, German GSG 9, and British SAS ...

When a bigger commercial manufacturer came to Emerson and wanted to produce them large scale, Emerson licensed them a similar design called the CQC-7.

Even though it obviously wasn't handmade, everyone loved getting Emerson's work, at an affordable price and without the five-year wait.

They're still popular with elite special forces groups, in fact, in May 2013, a non-custom factory-made Emerson CQC-7 knife carried by the Navy SEAL who served as point man on the mission to kill Osama bin Laden was auctioned off for charity, netting over \$35,400!

#### The problem with Emerson knives?

The price. I wouldn't really consider myself a "hardcore" knife collector or aficionado. I might be getting there though ...

Anyways, for a knife that starts around \$150 and only goes up in price -- it was a little steep for me to ever use as an EDC knife (that I'm going to use 90% of the time to cut boxes and other mundane chores--not take out terrorists).

#### Enter Kershaw ...

Kershaw is a knife manufacturer that's rather popular. In fact, for the past year or so I've been carrying almost every day a "cheap" kershaw pocket knife. I say "cheap" because it was low in price not quality.



I love it actually. It fits my hand good, has a nice tanto blade, is tough, and does every job I've thrown at it ...

I actually respect Kershaw as a maker of pocket knives that you can count on for LESS than \$50 all in.

Recently, we all lucked out because Kershaw teamed up with Emerson to make the Emerson designed knives available to everyone without deep pockets!

#### Introducing The Kershaw-Emerson CQC-7



As soon as I heard my favorite CHEAP knife maker -- Kershaw -- was teaming up with the maker of the most respected knives I knew -- Emerson -- I got super excited and ordered it the day I found it on Amazon.

For just \$32.95 (shipping was free because I have PRIME) -- I got this bad boy delivered to my door ...

To make a long story short, I love it.

The cool thing about the Emerson design is the unique "Wave" feature. In short, it allows the knife to open as soon as you draw it from your pocket because a "hook" part of the dull side of the blade catches on your pocket as you draw it out.

Very useful if you ever need your knife out and deployed with just one hand.

Anyways, I've got this thing sitting here on my desk right now, it looks gorgeous.

The only complaint I might have is the size, it's a lot bigger than my little EDC Kershaw folding knife -- so I might try one of the Emerson CQC smaller knives -- specifically the CQC-3k -- as it will probably just a little bit smaller than the Kershaw I carry right now (see below):



Anyways, I feel any of the Kershaw Emerson CQC knives are the best you can get for under \$50 (under \$40 in most cases!) and I can't wait to add a few more to my collection.

Pick one up if you're looking for a new, proven, EDC knife.

#### Chapter 10, Article 4: Gear Review: Cold Steel Recon

The Cold Steel Recon 1 was first introduced quite a few years ago...

The basic knife back then was your usual black-on-black folder. I liked it then, but over the years, Cold Steel has really beefed up the model, making it heavier, thicker, and stronger...

The result is a great all-around daily carry knife that, while not small or subtle, is strong, powerful, and shows good fit and finish.



Here are the stats (from Knifecenter):

Blade Length: 4"

Blade Thickness: 3.5 mm

Steel: AUS 8A coated in Black Teflon

Weight: 5.3 oz

Overall Length: 9 3/8"

Handle Material: G10 (5 3/8" length)

The pocket clip on the Recon 1 is a little small for so large and heavy a knife, but I actually like that, because it helps the knife to ride low and appear unobtrusive.

The G10 handles are aggressively textured, providing a firm grip, and the scallops in the handle scales really fit my hands well. This is a blade that just kind of locks into your mitt when you grab hold of it.

The Recon 1 is one of my favorite blades for working what's called pattern drills (you'll find more on pattern drills as a paid up *3-Percenter* Report subscriber!). The generous clip-point blade has good belly for slicing and slashing, and the point is nice and sharp for deep penetration on thrusts.

The lock might look like a traditional rocker-bar lock, but this is Cold Steel's Tri-Ad lock. It operates like a rocker-bar lock but has some added features for greater strength and security.

Say what you want about Cold Steel, its marketing, and Lynn Thompson, its often bellicose owner, but the company prides itself on the strength of its knives and you can generally count on a folding Cold

Steel knife to stay open when you want it to.

This is a great all-around EDC for both self-defense and general utility. It also isn't terribly expensive. That puts it within the reach of just about anyone.

If you're in the market for a great knife, you should pick one of these up right away. You can click here to see the reviews for it on Amazon and pick it up at a decent price.

## Chapter 10, Article 5: WARNING: You'll need more than just your gun...

When a crisis hits, you're going to need more than your guns...

That's why I urge you to listen closely as we talk about...

Shovels.

Yep, shovels.

Here's the deal...

First, you should know that I really don't like folding shovels for any situation.

The reason I don't like folding shovels is because folding simply isn't something a shovel should do. Think about it: you use folding shovels for digging. Digging puts a lot of stress on a tool. I can't count the number of inferior digging tools I've snapped while gardening or working with landscaping. The ground simply doesn't abide weakness.

You can imagine my skepticism when I encountered a tri-fold shovel from the knife company, SOG. Their entrenching tool folds up into a great little package that even has a compact nylon cover. That's wonderful if you don't want a tool like that taking up a lot of space in your go-bag, but there's a reason that most military entrenching tools have just a folding head and a wooden handle. That's because a folding handle isn't reliable!



I've used cheap folding entrenching tools that just folded right up against the resistance of the ground when you tried to dig with them. Nothing is more frustrating than trying to dig with a shovel that doesn't do it.

The key to the SOG entrenching tool is a retaining ring that you loosen or tighten to facilitate folding and unfolding. Unfolded, with the ring tightened up, the shovel feels a little wobbly. I figured it would collapse as soon as I put it to the test... but I was wrong.

The SOG entrenching tool, as it turns out, digs really well. I didn't try to dig an entire foxhole with it (I don't have that kind of time in my day), but if you had to, you eventually could. The shovel stays open and performs well when digging.

It has a section of saw teeth that aren't very sharp, but you could sharpen these if you wanted to. I don't see much reason to do that because digging will just make them dull again, and I don't need my shovel to also be a saw. But as a survival tool the option is there if you needed to find a rock to hone up the teeth in between digging tasks.

The only problem I had with the entrenching tool was that when dirt and grit get in there under the retaining ring, it can be hard to move the ring in order to collapse (or extend) the shovel. You'll want to keep this ring clean and keep an eye on that to make sure the shovel is properly secured when you open it. I could see tightening it with dirt in there and failing to get it tight enough to keep the

shovel open.

Ergonomically, the handle and the little horizontal end handle work well and are comfortable enough for digging. Again, with a little honing, you could also use this tool as a makeshift hatchet or even a hammer.

There's a video floating around the internet of a super duper Chinese military shovel that is supposed to do everything, and the video shows these little Chinese military dudes climbing mountains, building shelters, sawing pipes in half, and generally using their shovels to do everything in the world. About the only thing I want MY shovel to do is dig, and the SOG entrenching tool does that and does it well.

Overall, especially given the cost, this tool is a good buy. The compact way it folds up doesn't hurt, either, once you have to stow it away. This might be a little heavy in a bug out bag, depending on what else you may carry, but it's perfect for throwing in the trunk of a car or truck along with your other survival and recovery gear. To be honest I always keep a shovel of some kind in my vehicle so I can dig myself out if I get mired in snow or mud.

The utility of a shovel should be obvious. The utility of a shovel that can be folded up but still perform is even more so. While I will never prefer folding shovels to shovels that don't fold (I really like the Cold Steel shovel, for example), this SOG entrenching tool goes a long way toward restoring my faith in folding tools of this type. It's worth considering if you'd like a digging tool to keep in your car or your bug out bag.

Best of all, you can buy one for less than \$20 on Amazon, right here:

==> Click here to check out the SOG shovel on Amazon.

# Chapter 10, Article 6: And God said, "Let there be (this unusual survival item...)"

It costs less than \$15. And like the shovel, it's incredibly important.

Let's get started...

One of the facts of any survival situation or low-light utility scenario is that you need light.

Any prepared citizen carries a flashlight, probably several, as a result.

If you've ever broken down along the side of a highway late at night, you have known the feeling that comes with the thought, "I need a flashlight... do I have one?"

We are fortunate that a variety of products are available today that put flashlights at our fingertips in a variety of form factors. But most of these flashlights depend on power sources such as batteries...

Dynamo and solar emergency lights require time to charge if they run out of batteries.

What, then, is a good alternative to a light source that does not need some external means of making it go?

If we are willing to be a little fast and loose with the definition, there is a new category of emergency light on the market. These are sort of luminous crystals, or plastics that have luminous crystals or substances embedded or suspended within them.

They must be left in the sun or under some ambient light source in order to charge them up, yes, but once charged, they simply glow all night long.

The idea is that you could have a light that always works at night and then charges itself during the light of the day -- something that requires no batteries and no other intervention save for leaving it out on a dashboard or hanging from a pack.

Doesn't that sound perfect?

Well, your results are going to vary. I've tested a few of these lights. Some looked like round pendants; others looked like tubes; still others looked like little bricks of glow-in-the-dark crystal. The crystal feels like plastic (and probably is closer to plastic than to "crystal") and glows green in the darkness.

#### The fundamental problem with these light sources is twofold...

You've got to have light for a while before you can have darkness, so these are not a good light source to keep in your car tucked away for an emergency. (A standard cyalume chemical light stick would be better for that.) You can keep the glow crystal on your dashboard to charge up in the sunlight during the day, yes, but on cloudy days the charge you get won't be very impressive.

I got the best results by keeping my light crystals hanging inside a lampshade in a standard incandescent light during the hours that I was working and it was dark outside.

After that, the light glowed pretty well and did so for several hours.

What you will find, though, is that most of the company literature for these products includes the caveat that your eyes must be "adjusted" to the darkness.

In other words, while these glowing crystals are better than pitch blackness, they simply aren't that bright, nor will they illuminate much for any distance around you. Even when your eyes have adjusted to the darkness, you'll barely be getting by with these as your light source, and you won't be doing any late-night hiking.

Still, these are preferable to complete blackness. Especially as a backup to other redundant light sources, these are worth hanging from your rearview mirror or pack and left to charge up in the sunlight or under your desk lamp whenever you can.

#### Keep in mind, however, that you can't turn them off.

They're going to glow when it gets dark, and even if they don't "throw" a lot of illumination, they will mark you like a beacon at a distance. They might even keep you up at night if the crystal's in your room.

Come to think of it, these just might be the coolest "night lights" ever...



### CHAPTER 11: RANTS THAT COULD CHANGE YOUR LIFE

You've seen that jerk...

You know, the one with the camera.

You've seen his YouTube videos.

Any time some obnoxious behavior goes viral, "That jerk with the video camera" is responsible. You need to consider an important point whenever "that jerk's" subject area is dealing with the police.

Let me show you why...

If you are worried about the increasing militarization of the police, you're not alone. Look at the footage out of Ferguson, MI. Their riot gear looks more like Baghdad gear.

It seems like cops are becoming more and more aggressive, and it seems like more and more they don't care about our rights. You see so many videos of cops mistreating citizens, harassing them, and just bullying them.

And you see more and more these days videos taken by people who seem determined to thwart the police and show other people how to do it. They know their rights and they insist on those rights. By being knowledgeable of the law, they walk rings around the cops who don't know those laws very well.

#### The thing is that law enforcement officers are just people.

Some are good and some are bad. Some abuse their power and some care about not doing that.

And some will try to bully you, while others will respond to the question, "Am I being detained?" by saying, "No, you're free to go, have a nice day, sir."

See, lately, it seems like people are deliberately going out and antagonizing police so they can produce those "jerk with the video camera" videos. Sometimes it is open carry activists. Frequently it is people in border states who are challenging the unconstitutional stops and interrogations that the border patrol is

doing.

And sometimes it is people who just have an attitude about the cops.

I saw a viral video a while back featuring this guy who claims he just "asked the cops a question" in a late-night diner. He says the cops went ballistic and arrested him for disorderly conduct. His buddy videotaped the altercation and the video made the rounds on Facebook and elsewhere.

But then something interesting happened...

A security camera video surfaced that showed the ENTIRE encounter. It quickly became obvious that the "jerk with the video camera" had exaggerated his innocence and even lied about the cops' behavior.

This guy had a chip on his shoulder the size of a two-by-four. He went after the cops, treating them rudely, and they actually put up with him for several minutes before they started yelling at him to get lost.

Now, I don't preach blind obedience to police officers. Just because a police officer gives you an order, that is not reason enough to follow his orders unless his instructions are lawful.

Still, even if you think the cop's orders are NOT right, the fastest way to find yourself face-down on the hood of a car is to be combative with the police and challenge their authority. If you argue with a cop, it isn't just him you are arguing with.

He's thinking the whole time that you are challenging him about the crowd around you. He is very aware that if he loses control of the situation, he is outnumbered. He will treat you accordingly. And if you just plain act like an obnoxious, confrontational jerk, you may end up getting rightfully hauled off by the police because you didn't know when to quit.

#### Police do a difficult job.

Some of them are, well, assh\*les. But some aren't. In any case, they don't deserve to be accosted and harassed.

Doing so is a lot like sticking your face in a bee's nest. It's going to go badly for you no matter how justified you think you are, and the video is going to end up on YouTube where it will be judged and analyzed after the fact.

If you ever think of being "that jerk with the video camera," keep this in mind ...

You may well have to assert your rights and stand up for yourself in a

confrontational way, but don't go LOOKING for trouble just because you want to Fight The Power that day.

Borrowing trouble does one thing for you: It lands you a whole lot of trouble!

That's no way to live your life and it's not a long-term survival strategy that is in any way sustainable. Don't be that jerk.

# Chapter 11, Article 2: P\*rn St\*rs, Cheerleaders, and Death (Controversial images inside)

By now, you've heard about all the hubub a while back over Kendall Jones, a pretty blonde high school student who posted some pictures to her Facebook account of a big-game hunting trip to Africa.

Here's one of my favorites:



The pictures are what you would expect from such a trip: She's posing with animals she shot and killed, including a lion.

For people who find satisfaction in hunting, this is meaningful. You may not agree with hunting lions or other big game, and you may not agree with sport hunting at all. (Sport hunting we can define as the hunting and killing of an animal not to eat it, but to have the experience of killing it.)

I would basically say you're free to find such a sport repugnant, too... although I would also say if you're against hunting altogether and you eat meat, you're a hypocrite.

People on both sides of the gun ownership issue can and do argue about these issues all the time. The reason Kendall Jones represents a newsworthy and special case, though, is because her story went "viral."

Her Facebook pictures were circulated by people outraged that this girl dared to engage in sport hunting in Africa — an activity that is perfectly legal and whose requirements Kendall followed in pursuing her hunt.

Now, you may be thinking, "Hunting is immoral," or just, "Sport hunting is immoral," and that therefore Kendall deserved to have strangers angry at her on the Internet.

After all, there are consequences to free speech, especially in our Internetconnected age. Say unpopular things, you will be unpopular. Post unpopular pictures, people will detest you for it.

The fact is, though, that to most rational, reasonable adults, until very recently, the fact that some people engage in "big game hunting" is not remarkable. The United States has a long history of hunting, and before the Europeans and their neighbors allowed themselves to be neutered and disarmed by the marching forces of socialism and political correctness, they, too, engaged in hunting.

For all human beings, hunting was once a way of life, and while the advent of modern grocery stores (and a rise in popularity of vegetarianism and veganism) means that far fewer people hunt these days, there is still a large portion of the American population that sees it as perfectly normal.

This is important, because it is tied to the decline of the gun culture in the United States.

As rural living declines (a huge chunk of the United States population lives in a few major urban centers on the coasts, such as New York City and Los Angeles) and fewer Americans are raised, by default, to be familiar with guns, shooting, and related sports and activities, the gun culture in our nation is slowly dying.

Liberals have tried for years to equate guns and gun shops with vices, like porn stars and head shops and other unsavory places. If a gun store is in proximity to a school or playground, for example, they wail for it to be shut down, as if a gun store has anything to do with children in any way.

The rise in bizarre interpretations of "zero tolerance" policies in our school helps make everything worse: If a child can be suspended or expelled for drawing a picture of a gun, or even for nibbling his toaster pastry into a gun-like shape, then kids are brainwashed into believing guns are inherently evil and should be avoided if you are a "good person."

They grow up into people who vote Democrat and therefore support infringements on the Second Amendment and your firearms rights.

The problem we have within the gun culture, however, is almost as bad as the one we as a gun culture have with the rest of society. Yes, gun ownership is increasingly becoming equated with vice. Yes, there are more and more gunignorant liberals brainwashing our children and clogging up society with their hatred of self-defense and their irrational fear of guns. But we, as a culture of gun owners, are becoming split, and not in the way you might think.

#### Do you remember the name "Zumbo?"

Jim Zumbo was a firearms and hunting writer who was the hunting editor of "Outdoor Life" and the host of a television program called "Jim Zumbo Outdoors." One day back in 2007 or thereabouts, Zumbo decided that he didn't like those evil black scary assault rifles, and he spoke out against them. Just what prompted him to wake up insane that day isn't clear, but Zumbo was rightly termed a "Fudd."

If you've never heard of a "Fudd," the name is based on the witless hunter character, Elmer Fudd, from the Bugs Bunny cartoons. It's not a flattering comparison. The term "Fudd" is used by us "tactical" minded gun owners — people who think assault rifles are cool and useful — to describe those old-fashioned hunting guys who have no use for any gun that isn't clad in varnished wood.

Fudds turn up their noses at black plastic and, as long as their "right to hunt" isn't interfered with, don't much care about the Second Amendment or Second Amendment Rights. A Democrat who hunts deer could be thought of as a Fudd, in many cases, although there are always exceptions.

For years, the Fudds have tried to push out younger, more self-defense oriented shooters, sometimes going as far as banning the shooting of AR15s and AK47-pattern rifles at their gun ranges.

These types of political fights go on more often than you might realize. They're always a bad idea and they do nothing but chip away at all our gun rights.

The Fudds think it "can't happen to them" because traditional hunting arms typically are the last ones regulated. But the anti-gun people, the people who hate your right to self-defense and who will never be hunters ...

#### ... want to take away ALL guns, everywhere.

If you doubt this, just look at what happened in the UK for the model. A society that once begged the United States for guns to help fight World War II has now made it extremely difficult for most all its citizens to own firearms. Their violent crime rate has soared and their citizens are at the mercy of criminals who don't care about the law.

What we're seeing, now, though, is sort of a Fudd-ism in reverse: Tactical shooters, people who otherwise support firearms rights, are coming out against hunting and against young women like Kendall Jones, sneering that sport hunting is evil and wrong and anyone who does it should be reviled and shunned.

Kendall Jones was not only threatened with death and harassed by liberals all around the Internet; she was even targeted by a sleazy Democrat politician who put up thousands of dollars looking for naked pictures or a sex-tape of her. (A Democrat politician soliciting kiddie porn is apparently nothing new to the Dems, who didn't give a damn that this guy behaved in so sleazy a fashion.)

Even porn stars went after Kendall Jones online, calling her "bitch" and other gross names. I don't know about you, but I can't imagine how a woman whose job it is to receive multiple sex acts from strangers on camera thinks she has the moral high ground when attacking a high school student.



#### Bitch? Or just a really good shot?

We expect the liberals to be ignorant, hateful, and liars. They'll do whatever it takes to steal your gun rights and make you just another potential victim. And liberals, while they are individually pretty weak minded, have no problem attacking conservatives in groups.

Remember when the Obamacare debate was raging, and a bunch of SEIU union thugs beat up a black man at a rally? His only crime was holding the wrong sign — he didn't agree with socialized medicine. So a bunch of Democrats beat him up and called him racial slurs. Again, none of the Democrats or their pals in the media cared about it.

Bad as that kind of thing is, I think it's worse when our fellow shooters think they're better than people who hunt. It's just as bad as when the Fudds think it "can't happen to them" with regard to gun laws and outright gun bans.

If we become anti-Fudds, if we start turning up our noses at hunting, we end up cutting up the gun culture into smaller pieces. The smaller those pieces get, the less influence we have as a voting whole, and the more hostile society at large becomes to all gun owners. The libs don't make a distinction between hunters and self-defense shooters (although they often lie and say they do). They want to take everybody's guns away and they don't care how they have to do it.

Whether you are a Fudd, an anti-Fudd, or like me, just a dedicated gun owner who believes in the Second Amendment, remember that our gun rights are everybody's responsibility.

## Chapter 11, Article 3: [ POP QUIZ] More Guns = Less Crime (or does it...?)

We should celebrate our current heros -- the unrecognized heroes that are still fighting for freedom today.

Enter John Lott.

"Who the hell is John Lott?!?!" you're probably wondering. I'll show you...

As every gun owner in America owes John Lott a debt of gratitude. Lott is an economist and political commentator whose book, *More Guns, Less Crime*, makes the definitive case AGAINST "gun control" and for the private ownership of firearms.

Lott's work gets cited alongside that of criminologist Gary Kleck because both men have worked very hard to provide actual statistical proof of the validity of firearms ownership.



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Lott is the founder of the Crime Prevention Research Center, which Raquel Okyay called "a research and education organization that studies the relationship between laws regulating the ownership or use of guns, crime, and public safety."

The gun control group calling itself the "Violence Policy Center" (which I think used to call itself "Handgun Control, Inc.," a name that was deemed too honest) recently released another faulty "study" purporting to show statistical support for gun control.

Lott has worked hard, and continues to work hard, to get the word out that these "studies" (like all gun control statistics vomited forth by these anti-civil-rights groups) rely on grossly distorted figures and ridiculous leaps of logic in reaching the conclusions that that get repeated ad nauseam in the news.

Lott recently gave an interview in which he found errors like "triple counting" in the gun control data.

Lott has been endlessly vilified by liberals and "progressives," just like Kleck has, because these men provide the ammunition we, as free citizens, need to combat left-wing lies.

I want to underscore that point: There ARE no studies to support the validity of "gun control." When these are examined, they are all found to be lies. This is because it simply isn't the case, in a rational world, that a person is more safe when he is disarmed and helpless.

To put it another way, the facts of reality support the idea that an armed citizen is a safer citizen because he has the means to protect himself. Liberals and progressives hate gun ownership because they hate anything that empowers the citizens to resist their attempts at creating an all-powerful cradle-to-grave state that tells citizens what to do, think, eat, and believe from the time they are born until the time they are die.

Progressives are statists who will not rest until every living creature lives under their boots and thumbs. They are allergic to facts and always prefer convenient lies.

John Lott fights to repel these lies with actual truth. It can't be easy, and he is often giving interviews to hostile parties who make fun of him and disrespect him. He continues with his work because he believes in it and because he wants you and me to be able to protect ourselves with legal firearms.

Dedication to individual rights of this type deserves to be recognized. I applaud John Lott and I hope he continues to do his work. I hope he continues to give the liberals heartburn and I hope his statistics will fuel the defeat of progressives in many a debate for the next several years.

Thank you, John Lott, for standing with us.

# Chapter 11, Article 4: One Grandma, One Gun + Two Thugs = [Shocking Answer Inside!]

One of the stories that went forgotten this year is that of a St. Louis grandmother who, when "knockout game" thugs came calling, turned her gun on the thugs.

Supposedly she shot and killed a man (some stories say two) who tried to walk up and punch her out.

This is the "knockout game," a nationwide trend that got a lot of press earlier this year.

True news stories of predominantly black males targeting what are typically white senior citizens or middle aged people have alarmed citizens across the country.

A lot of people have started to wonder if this is the start of a black-on-white crime wave, because so many of the reports involve black criminals and white victims.

If a senior citizen used a legally concealed weapon to shoot a thug like that, to prevent harm to herself while putting a thug in his place, that would make her exactly the sort of person we would want to profile on these pages.

Sadly, however, we must report that the pistol-packing granny doesn't exist. We can't profile her for that reason. But the "knockout game" is very real, despite the fact that several prominent "liberals" and "progressives" have begun repeating the lie that it is a hoax.

You see, there's a certain political class out there, a certain ideology, that sees **your freedom** as a threat.

You owning a gun, you being able to defend yourself, is the problem, to these people. They don't want you to have a gun. They don't want you to be self-reliant.

If you are attacked by thugs because of the color of your skin or your age makes you look like an "easy target", they want you to be a good little victim.

They hope you'll get knocked out.

They don't care if you are killed.

They don't care if your family is raped.

They only know that guns scare them and the freedom to carry guns scares

them.

They hate self-defense and aren't capable of it themselves, so they project their weakness on everyone else.

Any citizen who stand up to this, any citizen who uses legally and morally justified force to stand up to thuggery and political correctness, is standing for his or her rights as an American citizen.

Anyone who does this is worthy of a profile in these pages.

The grandmother who defeated the knockout game thugs doesn't exit... but the threat, and the good people out there on the streets who are just trying to go to work and get home at the end of the day, are no less real than you or me.

# **CONCLUSION: Prepare Now, Pray Later**

With all that's going on in the world today, it's clear that life is becoming more dangerous. It doesn't seem to matter so much who's in office, as the bureaucracy of the government acts like a huge shock absorber, muffling their effect and resonating to its own inefficient rhythm.

Ultimately, it's the bureaucrats, voted into office by nobody, who end up running the show. They don't have a constituency to take care of, so all they do is take care of themselves.

Thomas Jefferson has been quoted as saying that any country needs a revolution once per generation, just to clean out the government.

I don't know if the Virginia planter was right or not, but it seems clear that there are a lot of things in this world that need some serious cleaning out.

Unfortunately, I think the process is going to be rather painful.

While I suppose it's possible for the country to keep stumbling along as it is, getting worse and worse, I don't really expect that to happen.

Something is going to happen to tip us over the edge. Whether it is a terrorist attack or a revolution, has yet to be seen.

Either way, when it comes, those of us who are prepared are going to be glad we've invested so much time and energy into getting ourselves that way.

The season of preparation is now.

More and more people are joining the ranks of the prepared or at least trying to.

That's good, because it will be those people who have prepared, who will be able to ensure that this country continues, whether under the current government, a return to the republic that the founding fathers created or something entirely new.

Whichever it is, we must be ready.

It's time to start thinking outside the box in your preparedness efforts.

Look for new ways to do things, which will bring more security to your family, without having to sacrifice any more than you already are. Find more efficient means of doing things and put them into effect.

It's also time to become ready to defend your family, if you aren't already.

The risk of violence is rising, between ISIS terrorists who are claiming they are going to attack the United States, rogue countries like North Korea, racial



tensions being provoked by race baiters like Al Sharpton, Jessie Jackson, Eric Holder and the Obamas.

On top of that, we have thousands of illegal aliens flooding our borders, a large percentage of whom are gang bangers and criminals. The country is turning into a simmering pot, waiting for the lid to blow off.

I can't tell you when it will happen, but if we make it through 2015 without some sort of widespread violence rocking the country, it will only be by the benevolence of a merciful God.

The risks are mounting. We must be ready.

The question is... are you?

This book showed you the secrets to surviving.

The book gave you CHEAP ways to get started.

And this book showed you how to protect yourself no matter what comes our way.

Now it's up to you to put those secrets to work.

What are you waiting for?