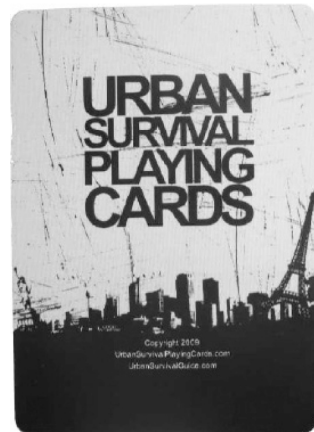




Lamplighter Calendar and Resource Center



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Your First Plan Must Be To Survive In Place.

Welcome To The Lamplighter Report!

I wanted to take a moment to say thank you for your membership to The Lamplighter Report. This issue is packed with some powerful information that will help you to prepare you and your loved ones in the event of terrorist attack, natural disaster, economic collapse, or a pandemic.

In Future Issues, "Lamplighter Report" readers will get....

- My ESSENTIAL Survival "How-To's" (3 - 5 EACH MONTH)
- New "Off-The-Grid" Books, Videos, and Sites I've discovered
- My Private "Intel Report" on Global, National and Local Situations I'm Monitoring
- Real Life "Case Studies" of How other Families are Preparing
- "What Went Wrong" - My Analysis of COMMON Mistakes That Most Preppers are Making and much, MUCH more...

The Lamplighter Report



April Issue

THE LAMPLIGHTER REPORT INVITES YOU TO JOIN OUR OFF-LINE MEMBERS

THIS MONTH'S REPORT FEATURES:

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IF YOU WANT TO KNOW MORE ABOUT THE SURVIVEINPLACE.COM URBAN SURVIVAL COURSE AND WHY YOU SHOULD GET SIGNED UP, PLEASE READ THE COURSE DESCRIPTION AT SURVIVEINPLACE.COM.

Low Cost & Free Firearms Training Putting it all Together

Low cost & free firearms training: Putting it all together

Over the last few issues, we've covered the quickest way to become a faster shooter, how to use dry fire to lock in firearms skills, using airsoft as a supercharged version of dry fire, and how to use the same mental rehearsal techniques that Olympic medalists use to become a better shooter.

In addition to saving money and time and helping you shoot better in the shortest amount of time possible, there are some additional benefits that preppers in particular will appreciate. First, in a time of increasing regulation and ammo shortages, one or more of these training methods will ALWAYS be legal. And second, in a SHTF scenario where you have to get people up to speed as quickly as possible while using as little ammunition as possible, these methods can't be beat.

If you subscribed after any of these past articles ran, don't worry. They are all sections from my upcoming book that we'll be releasing this summer and all Lamplighter subscribers will have an opportunity to get it at a discounted rate.

Today, we're going to talk about how to put dry fire, airsoft, and mental rehearsal together into an organized training plan and I've got to start off with a well known quote, "Practice doesn't make perfect—Perfect practice makes perfect." Put simply, the strategies that I've covered will lock in muscle memory VERY quickly and it's important that you use them to lock in good technique rather than bad technique.

There are four training situations that we're going to cover: during a firearms class, after a firearms class, daily formal training, and daily informal training,

During and After Formal Training

The best way to lock in efficient technique is to start using these training strategies during or immediately after a training session with a firearms instructor. One of the ways that I do this is stay up on the line for an extra minute or so every time there's a break. I've never been to a group class where I could actually handle my firearm on the line during breaks, so I run through one or more of the following:

- 1. Practice the muscle motion of the technique we just covered with empty hands, eyes open.**
- 2. Practice the muscle motion of the technique we just covered with empty hands, eyes closed.**
- 3. Visualize myself running through the technique we just covered with perfect efficiency.**

In one minute, I can run through a technique using any of the three strategies about 10 times or about 5 times if I break it down into components. These extra 5-10 perfect repetitions, several times during a class, can make a big difference. Remember, anytime you are learning a new skill you not only have to develop new muscle memory, but UNLEARN your old muscle memory. The more perfect repetitions you can run through in as short of a period as possible, the quicker you'll be able to lock in your new techniques.

As soon as you finish your class for the day, ask your instructor if you can stay a few minutes and run through some of the skills you learned with an empty firearm. There's few things more frustrating than teaching a class where the students don't take what you're telling them seriously so you'll usually find instructors will be very happy to let you run through dry fire drills on the range once they confirm that it's a cold range. If they don't want you to do dry fire on the range, then make sure to get somewhere where you can run through the techniques you learned as soon as possible...even if it's just sitting in your car with your eyes shut doing mental rehearsal.

Daily Formal Training

My training protocol is specific to my situation, which is defending against a lethal threat. My primary firearm is normally a handgun, and I usually carry concealed. When my primary firearm is my long gun, I open carry my handgun. The reason I say this is because you may need to add or change the specific skillsets that you practice from the ones that I use. As an example, if you're training for either cowboy action, the Bianchi Cup, IDPA, or IPSC, you'll want to add in specific sequences that you'll be using in competition.

I have an airsoft range set up in my office/warehouse area, so I train at least once a day and usually end up taking a couple of additional shooting breaks during the day. This is admittedly an ideal situation, and I haven't always had this option available. One alternative that I suggest is to set up a few targets in your garage and practice airsoft and/or dry fire every day when you get home from work—just make sure to ALWAYS remember proper safety protocols with both airsoft and dry fire.



One of the secrets to rapid improvement in firearms skills is how frequently and regularly you practice them. If you can run through 50 repetitions per day (a few minutes) for 20 days a month, you will not only have 1,000 repetitions per month, but since you're doing them every day, you won't lose any proficiency between sessions. Of course, if you can do 100-500 repetitions per day, that's even better.

Here's another way of looking at it. Let's say that your options are to do one of the following:

- 1. Run through 1,000 repetitions the 1st of every month.**
- 2. Run through 50 repetitions every weekday of the month.**

Let's say that the last day of the month is a Saturday and you need to use your firearm for real. If you did all of your training for the month on the 1st, then it would have been roughly 30 days since you last had

she needs for her 72 hours and so we have to spread that out with my family, but she can carry some, and it's just that mentality of 'what would I do if I did not have access to the infrastructure that basically provides all the things to me I need to live,' because we are used to turning on the tap and water comes out. And if the power is out, well, we don't have hot water maybe if you are using electric water heater.

Paul Haarman: Yeah, in the last 72 hours.

John Henderson: So it's can be inconvenience.

Paul Haarman: Right.

John Henderson: Okay, but if the tap doesn't work, even for a day or two, well, then it starts to really become a significant issue because generally the rule is you can survive about three days without water. After that, it really becomes a significant health issue. So everything that David said about emergency packs and being prepared is a 100% spot on.

Paul Haarman: It's spoken like a true military man with Condition White, Condition Yellow. When I hear Condition White, which is what most people think, I call it denial. Most of us are like, "Oh no, no. Nothing is going to happen. Everything is all fine. Oh, you guys are being extreme." But are we really?

John Henderson: Well, if you go back even as far back as 50 years in our country, people live that way, especially if you live in a rural environment because you did have to fend for yourself, and it's only with our modern society in our big cities that we've fallen into that sense of security and safety where we don't have to worry about those things. But I grew up in a small Southern town and my entire time with my parents, we had a big garden even though we didn't live out in the country and we can food every year and put it up and that's what we ate on that winter. Even though we can readily go to the grocery store and buy canned goods, we were not a poor family by any means, but that was just part of our culture and part of our lives because that's how everyone in this country had lived for generations up until the past 30-40 years.

Paul Haarman: What's really interesting about that comment that you said that it's part of your culture is that when I was talking to David earlier, David you had mentioned that if I'm going to go out and get MREs, or whatever the case might be, to make sure that I'm accustomed to them, then I should be eating those on a regular basis. Well, here is what's interesting with what John is referencing. That's exactly what he's doing.

John Henderson: Yeah.

Paul Haarman: They can their own food even though it had nothing to do with money. It was part of their culture, but God forbid, in the event of a disaster or any kind of situation, it's like business as usual. They are accustomed to it.

David Morris: Well, that takes so much stress off of the distribution system.

Paul Haarman: Right.

David Morris: Because the stores don't have to provide for families who have their own food. It tastes good. So when a disaster happens that's one less family that they have to ship in food for.

Paul Haarman: You are using an interesting term and I made a point of writing it down because I wanted to go back to it, which was "a break in the supply chain." And the reason I wrote that down is because again everything we are talking about, the only reason why it really is familiar to me is only because it's been in my radar. I've been looking at it, but prior to doing that, I would still be a little leery about what you all are talking about. But the second you start talking to me about there could be a break in the supply chain as you put it rather, especially when I tie in the economics with what's going on, that's real. I mean, it could be something as simple as a bloody strike, for crying out loud, where now the supply line has been severed and we are going to feel that.

Interview to be continued in May newsletter.

of a 72-hour kit is to sustain you for 72 hours after a disaster until you can get to a consistent supply of food, water, shelter and other consumables.

Paul Haarman: If you don't mind, and I really don't want to take you off here with your role here, but why don't we define, and I realized we can go on a million different directions, but why don't we define the most typical type of disasters that people can imagine, because when you hear a word like disaster, it comes across as really strong.

David Morris: Well, some of the easy ones here in the US, not necessarily in Austin, are earthquakes and hurricanes.

Paul Haarman: Okay.

David Morris: Now...

Paul Haarman: Power outages.

David Morris: Yeah, power outages or it's going to be one of the easiest things to affect Austin with power outages, fuel shortages and basically breakdowns in the supply chain.

Paul Haarman: Right.

David Morris: If you want to go one step further, it could be electromagnetic pulses from solar flares, or just a naturally occurring disruption of the power grid, or it could be terrorist attacks. There are a number of things that could happen to cause you to need a 72-hour kit. Frankly the times that I've used mine in the past had been much more mundane, flat tire or an engine problem when I'm out hunting.

Paul Haarman: So you carry those in your car?

David Morris: Absolutely.

Paul Haarman: You see, that's almost like... was it you, John, or you David that was talking to me about us carrying a spare tire.

David Morris: That would be John.

John Henderson: That was in our conversation earlier.

Paul Haarman: Yeah, I mean, it's almost like if you carry a spare tire, how often do you use it? Not very, but man, I sure will feel a lot better in case I need it. Now, one time I do need it, I'm very thankful for having it so there is your 72-hour kit.

David Morris: One time, and this was back when I was living in the Midwest, I got high centered in a snow drift on a country road and I wasn't going anywhere and there was a blizzard outside so I had coveralls. I had a 72-hour kit. I was good to go.

Paul Haarman: Unbelievable. John, what's your take on all this? We were talking about the whole mindset thing earlier.

John Henderson: Exactly. The most important thing, and David referenced this earlier is the psychology and how you think about this, the first thing you should do is to really think about the disasters that are the potential threats to you. Obviously, if you live on the coast, it's the southeast hurricanes, the Midwest blizzards, and what will you do to deal with that situation if you couldn't really go to the store and you were in your home for an extended period of time without electricity and so forth and you really think about, "How am I going to handle that? How am I can provide food, shelter, clothing and protection for myself and my family in that situation?" And that's the most important thing because we have to get out of the white mentality we live in and what does it mean if I condition why it is.

We walk around each day assuming that we are in a very safe place and there is no harm that's going to befall us and everything is safe, all condition is white. And really have to start living in more of a conditioned yellow looking at what those potential threats are and how they are going to affect me and my family. And I'm the same way as David. I carry a kit in my car. I have a 72-hour kit. I have emergency evacuation kits. Everybody in my family has their own personal kit, even my little 3-year-old daughter which she refers to as her "rescue pack."

Paul Haarman: I love it.

John Henderson: Yeah, she cannot carry everything

trigger time. If you're spending a few minutes every day, then you would have had a little trigger time each of the last 5 days.

This is VERY similar to comparing someone who works out REALLY hard once a month to someone who works out a little bit every day. The person who works out a little bit every day will beat the once-a-month guy every time.

These are the skill sets that I train using a combination of airsoft and dry fire:

Drawstroke, (open/concealed) sight acquisition, trigger press, follow-through, reset.

Move to cover while drawing.

Transition from long gun to handgun.

Failure drills.

Reloads

Support hand

Fight to your gun. Start with hand to hand and transition to my gun.

Unorthodox positions. Seated, laying down (all directions), rolling, recovery & getting to cover starting on the ground.

Low light

One other thing that I've covered before, but that's worth repeating is that I usually combine calisthenics, heavy bag work, and weights with my dry fire and airsoft training. I do interval training where I workout for 20-60 seconds (wearing my firearm) and switch to firearms training during the rest periods. I'll repeat this cycle for my entire workout and really like the combination of high intensity physical activity and firearms training.

Here's an example training session from yesterday (all with my Glock in an in-waistband holster):

1. **4 sets of jumping lunges** firing 3-6 rounds (airsoft handgun) between sets while drawing from concealment and moving side to side,

changing mags when necessary.

2. **4 sets of kettlebell clean & presses** engaging 2 targets with 3-6 rounds between sets while drawing from concealment and moving to cover, changing mags when necessary.
3. **4 sets of pushups** firing 3-6 precision headshots between sets, changing mags when necessary.
4. **4 rounds on the heavy bag**, firing 3-6 rounds at both the heavy bag and a paper target between sets, changing mags when necessary. (The purpose of this is to practice transitioning from fighting with my hands to fighting with my firearm.)
5. **10 SLOW dry fire repetitions of drawing**, acquiring my sight picture, trigger press, and follow through with my sidearm.
6. **10 dry fire repetitions of drawing**, acquiring my sight picture, trigger press, and follow through with my sidearm.
7. **10 dry fire repetitions of drawing**, acquiring my sight picture, trigger press, and follow through with my sidearm, while moving to cover.
8. **39 SLOW dry fire repetitions of drawing**, acquiring my sight picture, trigger press, follow through, (rack the slide) and repeat with my sidearm and snap caps. (39 rounds because I have 2 15 round mags and one 8+1 mag set aside for dry fire with snap caps.)

It's not that long... a couple hundred reps with different muscle groups, 50-100 rounds of airsoft, and 69 dry fire repetitions. The key is that if you do something similar every day, it adds up to thousands of repetitions per month. And don't worry about doing any specific exercise. I usually do additional sets of fighting-based calisthenics where the movements focus on the core and recovery after being knocked down, but you can do any kind of exercise you want or none at all.

You don't need airsoft to do any of these exercises, but most people find that they practice more often with airsoft than with just dry fire. If you decide not to train with airsoft and only use dry fire, I'm going to

share something with you that I learned from author/shooter Steve Anderson in his book, “Refinement and Repetition: Dry Fire Drills for Dramatic Improvement” that changed the way I do dry fire.

When doing dry fire alone, Steve suggests, and I second, that you rack the slide for the first shot and then continue releasing and pressing the trigger for subsequent shots until you reholster. This lets you focus on acquiring and reacquiring your sights without being distracted by having to rack your slide between each shot to reset the trigger.

Remember, you can even run through these drills if you don’t have your firearm with you by shutting your eyes and running through the drills in your mind. Don’t underestimate the value in mental rehearsal. Your brain doesn’t know the difference and repeated studies have shown that mental rehearsal is almost as good as—and sometimes better than—live practice, especially when it’s used in combination with high quality live practice.

Every day, I run through slightly different drills. Some days I focus more on fundamentals, and some days I work on more advanced skills. Today, I’m going to be training with my AR-15 on a sling and my 1911 in a Serpa belt holster. I’ll be working on the following:

- 1. React to a threat at different angles with my AR.**
- 2. Left handed cornering with my AR.**
- 3. AR mag changes.**
- 4. Engaging multiple targets while moving to cover.**
- 5. Transitioning from AR to 1911 and engaging instead of reloading.**
- 6. Type 1-3 malfunctions with dry fire and snap caps.**

If you use airsoft for training, I STRONGLY suggest that you follow-up your training sessions with a little dry fire time using your real firearm. You’ll benefit from handling your firearm on a regular basis and knowing the feel of the trigger, but there’s an even bigger reason. One of the biggest factors in how successful you’ll be with your firearm under stress is

your belief level in your skills. If you train primarily with airsoft and don’t convince your brain that the training carries over to your real firearms, then you won’t have the confidence that you need under stress.

Daily Informal Training

In addition to “formal” training, I also suggest that you incorporate mental rehearsal into your training by either running through drills or scenarios in your head throughout the day. I do this when I’m at stoplights, when I’m standing in line, and before I go to sleep at night.

Sometimes I run through specific drills like acquiring my sights, reloads, or failure drills, but usually I run through scenarios like what I’d do if I was suddenly involved in a carjacking, holdup, or home invasion where I’m currently at wearing what I’m currently wearing and using whatever weapons I have available.

In my car, this involves visualizing what I’d do with my coat and seatbelt while driving. In bed, it involves grabbing my light, getting my handgun out of my safe, evaluating triggers to decide if I have time to get my body armor, long gun, and tac vest, and the best way to keep my family safe.

In Conclusion

As I said in the opening of this series, these training techniques have been proven over several decades by elite units such as the US Navy Seals, Soviet and Russian Spetsnaz, GSG 9, British SAS, and US Army Special Forces, Detachment Delta, and Olympic gold medalists. They’re used by professional and amateur competition shooters around the globe and, in many cases, they’re the difference between first place and 5th or 6th place. Keep in mind that they don’t use these techniques because of limited budgets—they use them because they’re the absolute best training tools that they have available to them.

In short, they work and they work very very well if you will use them and I strongly encourage you to start doing so. At a minimum, start using mental rehearsal to run through drills and scenarios on a regular basis. You’ll be pleasantly surprised at the impact that it has on your shooting.

about Texas, they are armed to the gills, but as far as surviving with water provisions if all of a sudden we have a power outage or food, oh, man, it’s helter skelter. So you know what, now I get a take from both of you. Before we take our short commercial break, why don’t you tell everyone where they could get information about you? John, why don’t we start with you since you were just talking? Well, what’s the name of your website?

John Henderson: The web address is Strategic Independence Group.

Paul Haarman: Okay, and so people can find out a little bit more about you and what you are advocating and they can interact and reach out to you through that website?

John Henderson: Absolutely. They can contact me via email or phoning me through that website.

Paul Haarman: All right, so that’s Strategic Independence Group?

John Henderson: Yes, all one word.

Paul Haarman: Okay, StrategicIndependenceGroup.com, and how about for you, David?

David Morris: My blog where I write at least a once-a-week article is SecretsOfUrbanSurvival.com and you can find my course, my SurviveInPlace course at SurviveInPlace.com.

Paul Haarman: Okay, I want you to repeat that one more time. I hope people are writing this down.

David Morris: The blog is SecretsOfUrbanSurvival.com and the course is at SurviveInPlace.com.

Paul Haarman: Beautiful. You heard it, folks. It’s time to take a short commercial break. This is Austin’s Talk1370, the Right Choice. You are listening to the Shift Economy. When we come back we will be talking with David Morris and John Henderson once again. We’ll be right back.

Paul Haarman: Welcome back to Austin’s Talk Radio 1370, the Right Choice. You are listening to the Shift

Economy. I’m your host, Paul Haarman, and I’m joined in the studio with Mr. David Morris and on the line with us we have John Henderson, both are preparedness experts. I don’t want to use the term “survival” because people always get this negative connotation, but gentlemen, right before we took a short commercial break and we went off the air, we were talking about potentially coming up with a nice laundry list. And I was just kind of like bearing my soul to you, folks, by saying I looked at my situation and felt like I wasn’t prepared. What should be on my shopping list? What should I go out and buy? What are the basics that I think or that you folks think, with your experience, that for the everyday guy like myself or anyone else out there that’s listening should really have and why, just so I can wrap my head around it?

David Morris: Well, one of the things that you are going to want to do, Paul, and the first question is ask whether the rest of your family is on board or not with preparedness.

Paul Haarman: Yeah.

David Morris: And that’s going to dictate to a certain extent what you can get and what you can do. So with that in mind, one of the first things that I suggest people do is start buying a lot more of the food that you currently eat that’s non-perishable. So if you eat canned beans, buy a bunch of canned beans the next time you go to the store. You want to do that with every non-perishable item you have. And there are a couple of reasons I suggest. One, because that’s an easy thing to buy that a spouse won’t get upset about and won’t think you are going off the handle.

Paul Haarman: I don’t want her to think that I’m going off the reservation or anything.

David Morris: Right. You’ve already got the gun. Yeah, it’s a very low hurdle to go out and buy more of the food that you already eat.

Paul Haarman: Right.

David Morris: The second thing that I would suggest is to get a 72-hour kit together and most people are going to need multiple 72-hour kits. And the purpose

military survival training or wilderness survival training.

Paul Haarman: Yeah, naturally, I would think so. Hey John, if you don't mind, why don't you repeat what you are starting to tell me about the potential negative connotation that even this dialog would attract, because you were talking about it's really more of a mindset and there is a psychological aspect of it. Do you remember that conversation you and I were having?

John Henderson: Yes, sir, it's about specifically the term "survivalist."

Paul Haarman: Yeah, because I think, unfortunately, people envision these extremist who are living up in the woods up in Panhandle, Idaho and we are going to create our own little faction or little army and that we are going to call ourselves Patriots and we are going to paint ourselves with all kinds of camouflage paint and we are going to go out and assault and work the rest to take on the world. I mean, how do you address that because I found your take to be very interesting, very enlightening and very refreshing actually, because for someone who has that kind of military background that David were just talking about, I would have expected something a little gnarlier coming from you, but yeah, what you've shared with me was very even keeled and it just made a lot of sense to me.

John Henderson: Well, yeah, David referenced through it earlier and you just did again with as a group living in the middle of nowhere, and that's just what the typical term "survivalist" usually brings up in people's minds and that sometimes even promoted in the mainstream media and the common term that's used inside the industry now that has gained a lot of ground is what they call on people that are doing what David is advocating prefers, which is a lot less normally, I guess. What we advocate is similar to what David is saying is this needs to be integrated into your life, so that you are more resilient and you have more robust ability when things do happen regardless of whether that's a major earthquake and tsunami or you just don't have power for the weekend.

And David talked about his background growing up

where they were prepared for being snowed in for a week and 30 or 40 or 50 years ago, people were that way. They provided a lot of what they needed on their day to day basis themselves. Today, 2% of the population provides, the rest of the 98% will call the food that we eat. So our ability to just grow our own food is very, very slim as far as the general population. And trying to survive in a neighborhood versus surviving out in the woods for a week until you can get back to civilization are two totally different events as David referenced.

What we advocate is focusing on every aspect of your life, not just when emergency is happening, but if someone just breaks into your house in the middle of the night, is your only option to dial 911 and then just hope that the police get there before harm is done to you or your family. So with every aspects, be more resilient, be more responsible for yourself and your family, because if we do that and as a society we are much better off. When these emergencies happen, our society responds much, much better. Katrina is a prime example of small society that was totally unprepared for that natural disaster.

Paul Haarman: Yeah. Yeah.

John Henderson: And the ones that did not leave and evacuate were basically completely helpless and they were victims to whatever was going on inside the disaster area. So, if you want to have a fully stocked retreat and be able to go there with your friends and family, then that's perfectly fine. You have that ability. You want to do that. There is nothing wrong with that. But most of the population can't do that, but if most of the population just has what they need for 30 days to survive in their home, we'll handle 98% of anything that man or nature throws at us and we'll come out of it fine. Unfortunately, the average American is very unprepared for that.

Paul Haarman: Do you know what, that's actually real true because this is the first time that I've actually started taking a hard look at that and I had an interesting conversation with my wife about it, and we looked at our pantry and we are looking at our situation. I said, "Okay, well, I'm fine if someone tries to break in and cause us harm." This is why I love

Make sure to let me know the effect that these strategies have on your firearms proficiency (or

other skills) by sending me an email at David@SurviveInPlace.com



Grip Angle and Glocks

I like Glocks. In fact, I've got 5 firearms that are either Glocks or based on the Glock and take Glock magazines. They're reliable, accurate, and my experience carrying and shooting the same Glock for over 13 years is that they eat anything that I put in them.

Don't get me wrong...I LOVE my 1911s and I'm pretty fond of my other handguns as well, but I have a particular affinity for Glocks as a result of carrying my Glock 27 next to my skin the majority of the time, year in and year out.

I've read debates for years saying how poor of a gun Glocks are. I never understood the criticism. I'm not at the level of professional shooters, but I've shot better in competitions than countless guys with \$2000 1911s with my humble Glock 27 subcompact. My Glocks have eaten hundreds of rounds at a time in classes without malfunctioning and they've just performed like tanks for me.

And then, a couple of years ago, I traveled to a class with a guy who had won several Glocks at Glock tournaments. The interesting thing was that he didn't like Glocks at all. In fact, he told me that he trained with his XD for 50 weeks out of the year and only pulled out his Glock to train with for 2 weeks before the Glock tournament every year. But I still didn't understand why.

Earlier this year, I was going through some advanced training and the instructor started Glock bashing. I'm used to it and usually just space off until whoever's talking gets done and moves on to something worth listening to, but something he said actually made sense and I tuned back in.

John Browning designed the 1911 with an angle between the barrel and the grip that happens to be the

angle that most people's fist is at when they throw a punch.

The Glock, on the other hand, has a grip angle that's just a few degrees more. This happens to be approximately the angle that martial artists punch with if they've learned to concentrate the impact of their strikes on the knuckle of their index finger and middle finger rather than across all 4 fingers.

Here's where this comes into play. After reviewing thousands of lethal force encounters with handguns, it becomes obvious that under extreme stress and high pulse rates, people instinctively punch their firearm out one handed and pull the trigger. As they're punching under stress, very few people end up firing with their handgun straight up and down and most have it canted to the side somewhere between 10 and 11 o'clock from the shooter's perspective as if they were throwing a punch.

Keep in mind that this isn't an issue when shooting competitions or qualifiers. It is specifically an issue when stress levels are so high that gross muscle movements and reptile brain thinking take over and your body responds with a lot more instinct than thought.

The result of this is that if you're shooting a Glock and you do a high volume of consistent training or you've done extensive training to focus the impact of your punches on the knuckle of your index finger and middle finger, you'll probably hit close to what you're aiming at.

But if you're used to punching traditionally with all 4 knuckles, there's a good chance that your shots with a Glock will go high and to the left when you're under stress. Incidentally, this matches up with analysis of



over a decade of after action reports of officer involved shootings.

So, how do you take this fascinating bit of trivia and turn it into something other than simple fodder for debate with your gun buddies?

The answer depends to a certain extent on which of the following two groups you find yourself in...

1. **Those who have Glocks.**
2. **Those who don't.**

If you have a Glock, go through the following drill. You can do it either while practicing dry fire after following all necessary steps to make sure that you do NOT have a loaded weapon or you can do it with a loaded weapon at a range.

1. **With your firearm at your side or holstered, pick a target that is 5-10 feet away.**
2. **Close your eyes.**
3. **"Punch" your firearm at where you think the center of the target is.** Use the same stance that you'd use if you were punching a heavy bag. This probably means that your feet are slightly more than shoulder width apart, your shooting leg is back slightly, your weight is equally distributed between your legs, knees bent slightly, shoulders rolled forward and closer to your target than your hips are.
4. **Open your eyes and see where you are, in fact, aiming.** Try to keep your firearm exactly where it is and move your eyes as necessary to line up with the sights to see where you're aiming.
5. **Either mark where you were aiming with a pen, shoot (if safe), or make a mental note and repeat 5-10 times.**

Wherever the majority of your rounds land will roughly be your natural point of aim and will probably be what your groupings would look like in a high-stress lethal force encounter unless you regularly do

firearms training under stress.

If the group is tight, but high and to the left, then you're going to want to either do a significant amount of dry fire / airsoft training / range time to change your natural grip angle to match the Glock or find a handgun that matches your grip angle.

If you don't really have a group and the shots are random then you are going to want to do a significant amount of dry fire / airsoft training / range time to establish a consistent natural point of aim.

The next time that you go shopping for a pistol, whether it's a Glock or not, I suggest that you go through the 5 step process above with as many firearms as you can and pick the firearm that best matches your instinctive grip angle.

Regardless of whether you have a handgun that matches your current natural grip angle, the more you train with your firearm and the more stressful your training, the more likely you'll be to hit what you need to if you find yourself under high stress in a lethal force encounter.

This drill can be particularly useful when working with new shooters, as it helps you stack the deck in their favor for having positive experiences early on with shooting.

You may be asking yourself what I'm going to do with my 5 guns. On one hand, I train extensively with both my Glocks and with my 1911s and am able to acquire my sights quickly with both grip angles. On the other hand, I know that my skill level would improve faster if I would focus on a single grip angle rather than dividing my training and that I would perform better under extreme stress if I only had one platform that I worked with.

I KNOW I'm not getting rid of my 1911s. If I stick with my Glocks, I may get the grip angles changed. On the other hand, Springfield XD's have most of the strengths of Glocks along with the grip angle of the 1911 AND metal drop-free magazines.

David Morris: Yeah, it was book in and my Urban Survival playing cards were featured as one of his must have Christmas gifts on his My Favorite Things Christmas Special.

Paul Haarman: Too bad you couldn't get Oprah the way you did with Glenn.

David Morris: Yeah. I think I'll take Glenn.

Paul Haarman: Okay.

David Morris: But basically I grew up in the Midwest in the middle of nowhere and blizzards were a way of life. We go a week or more without electricity anywhere where we couldn't get out of our driveway, and it wasn't a big deal. We were ready for it. Preparedness is just what you do. It's not a big deal.

Paul Haarman: Right.

David Morris: And then I moved to the city and all of a sudden I realized how bad things were getting and how fragile society was. I started trying to put a plan into place and my first plan was when it happens, I'm going to pack up my stuff and get us out of Dodge. But I didn't know what it was. I didn't know what to pack up and we didn't really have anywhere to go and fortunately I have a lot of friends who were in Special Forces, survival instructors in different branches in the military or guys who are military contractors, lots of different experts and so I just started calling them informally and recording the conversations and putting together a plan for our family.

As I was doing it and as I told them what I was doing, the common response was, "You know, my family is fine if I'm around, but if a disaster happens, I'm going to be out doing what I do and they are going to be on their own. I want a copy of what you come up with." And so when I got done, those were the first people that got copies of the course and they loved it. Their families loved it. My family loved it and I started selling it and 10,000 people later, it's just been life changing for many people.

Paul Haarman: Isn't it absolutely amazing how if you think an area that either piques your interest or you are very passionate about and this is the entrepreneurial

comment, by the way, as it segues because you look all of a sudden that turns into a full-blown business.

David Morris: Yeah, it was actually passion-based.

Paul Haarman: What kind of background, and by the way, John, this is going to tie in to what you and I were talking about before. But that background is what I'm looking for is what kind of feedback you get for people or what do you think the perception is when the second you start talking about military experts? How do they view what you are talking about? Is it under some type of scrutiny, or do the people kind of stereotype it?

David Morris: A little bit. There is a general acceptance that people in the military have some survival skills, at least more survival skills than the general public.

Paul Haarman: Right.

David Morris: And then of course people who have been through basic Zero training and advance Zero training or survival evasion resistance and escape have a lot of the components of survival down. But it's a completely different ballgame because you are dealing with surviving in a neighborhood and you are surrounded by people, people who are your neighbors who you've lived around for a while, and a lot of the survival process ends up being psychological in nature.

Paul Haarman: Right.

David Morris: How do you interact with people who are hungry when you have food? Or how do you give it to them?

Paul Haarman: When they are gone?

David Morris: Yeah.

Paul Haarman: No, I'm kidding.

David Morris: No, how would you be generous to someone without becoming their sole source of food and all of their friends' sole source of food? There is a lot of aspects to surviving a disaster in an urban environment that are very different than traditional

to take steps immediately no matter where you are at in the preparedness process. Take a look at how you would do if the lights went out tomorrow, if the shelves went empty tomorrow. Would you be able to provide shelter for you and your family? Would you be able to provide heat? Would you be able to provide water and food and trauma care and medicine, if you have any medical conditions? And any place that you have shortcomings, just start making forward progress.

A lot of people wait until situations are perfect to start doing anything and they are the ones that are in trouble when a disaster actually happens because one of the big lessons from Japan is everything can be fine today and tomorrow the world can turn upside down.

Paul Haarman: Right. Now, let me ask you something. When you are talking about medicines, all of a sudden it hit me because of, let's say, if I'm one of these individuals and I happen to be one, as a matter of fact, which is why I'm asking you why it hit me, that I have prescription medication. It's very important that I take it on a regular basis. And all of a sudden, something happens where I'm not able to acquire it anymore. How can I prepare for that?

David Morris: There are a few ways that you can prepare, and one is to go to your doctor and get prescriptions in advance and depending on your relationship with your doctor you can tell him what your thoughts are or you can just say, "I'm thinking about doing some traveling where I won't be able to fill my prescription."

Paul Haarman: That probably would work better because they tend to control it, "No, we are not going to give you a year's supply. Sorry."

David Morris: Yeah, it all depends on the medication

Paul Haarman: Right.

David Morris: If it's...

Paul Haarman: My pain killer now.

David Morris: Yeah, if it's oxycodone you are probably not going to get too far ahead in the prescription.

Paul Haarman: Right.

David Morris: The other thing that you can do is start doing research and find out if there are diet changes that you can make or lifestyle changes that you can make or natural alternatives to prescriptions that you could take. Type 2 diabetes is a prime example of this. I know several doctors, chiropractors and naturopaths that were having almost a 100% success rate with getting Type 2 diabetes patients off of insulin by changing their diet and lifestyle.

Paul Haarman: Right. Is that the kind of thing that you cover? By the way, for those listening, David published a book called "Urban Survival Guide" and is a matter of fact he's going to have a cool offer for people, but I'll let you bring that one up.

David Morris: All right.

Paul Haarman: But why don't you talk about some of the things that you cover in that book as far as preparedness and so forth.

David Morris: There are a lot of things, one of the biggest topics is the psychology of survival, and on that note it's looking at survival as something that mainstream America does, not looking at it like it was 20 years ago or it was kind of a fringe movement and mostly done by people who wanted to disconnect from society. Most of my audience is made of people who have families. They live in a city. They have a job. They just want a workable plan to survive if something bad happens. They can't necessarily afford a fully stocked rural retreat and even if they can afford a fully stocked rural retreat, they may not be able to get to it in the event of a disaster. So I go through basically all the steps that you need to go through to have a workable plan to ride out medium-to-long term disaster wherever you live, wherever you spend the majority of your time.

Paul Haarman: How did you get into this, by the way? I know that before we went on air, you and I were talking about that a little bit. How is it that you got into this field that now you are an authority? I mean, for crying out loud, you are on with Glenn Beck on his show, right?

In many places in the world, clocks advanced an hour on either March 13th or March 27th for Daylight Savings Time. I see no need for this, and think that changing clocks is a complete waste of energy, but over the last few years, I have figured out some ways to turn this lemon into lemonade.

I wish I could say that I came up with everything that I'm about to share with you, but I've got to admit that the idea was inspired by numerous national campaigns to replace smoke detector batteries when you turn your clocks ahead in the spring and back in the fall.

What I've done is made a list of the preparedness items that I SHOULD be checking on a regular basis, but oftentimes forget. Then I knock them all out in the spring and the fall on the weekends when I change our clocks. So, here's my list:

1. **Drain my water heater.** This helps get rid of rust and mineral buildup so that my water heater will last longer, gives me confidence in the quality of the water if I need to use it in a survival situation, and ensures that I am familiar with doing the process safely.
2. **Open all gun safes.** I've got several safes... mostly single gun safes, but a few multi-gun safes and I always want to make sure that both I and my wife can get them open quickly and efficiently.
3. **Check all guns for cleaning & lubrication.** Have you ever forgotten to clean a gun after shooting? I have. I have multiple firearms, and sometimes I'll stretch my shooting sessions so long that I don't have time to clean everything before having to do something else. (like dinner with my wife) Every once and awhile, I'll leave them longer than I should, but this habit makes sure that I've confirmed that my firearms are cleaned and lubed AT LEAST twice a year.
4. **Dehumidifier.** If you live in a humid environment, this is a good time to check your in-safe dehumidifier. If it's granules, add fresh ones and dump the water. If it's battery powered, check/change the batteries. If it's plug in, make sure it's working.

5. **Test batteries on emergency flashlights.** This is especially useful for the CR123 batteries that seem to go from perfect to dead in about 2 seconds. You always want to have spares, but this habit can show you if you have lights that drain batteries quicker than they should when they're off. As a note, it's better to store batteries out of your flashlights if you're not going to use them, but this isn't always practical. For me, I keep a flashlight on my desk, in my center counsel, hanging from my headboard, and on my tac-vest. None of these get used frequently, but it wouldn't be practical to store the batteries separate from the lights. My 72 hour kits are a different story. With smaller lights, I store the batteries outside of the lights in a zip lock bag.
6. **Test batteries on safes.** I don't like electronic safes, but I still have some. In particular, batteries die, they could be vulnerable to EMPs, they have a delay if you enter the wrong code, and the biometric gizmos aren't 100%. But on the ones I have, I test and/or replace the batteries every 6 months.
7. **Test batteries on emergency deep cycle batteries.** This means both testing the voltage and checking water levels if applicable.
8. **Home invasion drill.** Similar to a fire drill, you can do this with your family (preferable) or at least do it alone if they won't play nicely.
9. **Rotate food, medication, & pepper spray out of your 72 hour kits in your cars.** Cars are wicked environments. They get almost as cold as the coldest nights and they get 20-30% hotter than the outside temperature on hot, sunny days. These temperatures will break down medications, food, and pepper spray, and I like to rotate them out at least twice a year. What do I do with them? I toss the medication, (I don't take any prescription medication) eat the food, and spray some of the pepper spray on a wall so that I catch some of the sprayover and know first-hand whether or not the spray was still good and I throw the rest out.

10. **Check expiration dates in your 72 hour kits and medical kits.** I feel comfortable exceeding the expiration dates on some of the items in my medical kits, but not so comfortable that I would tell you to do the same. I will say this, I am much more willing to throw something out that's past its expiration date if it has been in a vehicle than if it's been kept cool and dry. In fact, sometimes I'll take my expired in-house items and rotate them to my vehicles. This is something that you'll need to research on your own, if you want to.
11. **Check your 72 hour kit / GO bag inventory.** We actually use our 72 hour kits...for camping, snacks, bandages, bug bites, and simple toilet paper. As a result, we use stuff and don't always replace it right away. I use the clock changes as a time to see what needs to be replaced and replace it. I've tried using a "need to buy" sheet in my kits where I write down what I used any

- time I use something, and it works pretty darn well.
12. **Check your fuel.** I rotate our fuel containers every 12 months, but I do check the dates on my containers every 6 months to see if it's time to replace any of them.
 13. **Run your generator.** You really want to run them more often than every 6 months if you keep gas and oil in them, but AT LEAST run them every 6 months to make sure that they are working. You also want to keep track of how old the fuel is in your generator, how old the oil is, the gap on the spark plug, and the state of the fuel line.

I encourage you to start this habit yourself immediately and practice it every time the time changes in the future. Make sure to customize the list by adding items that will help you and taking off items that won't.



Tactical Thinking

Tactical thinking is the art of analyzing the incident and planning for what is likely to happen next.

We've all heard the old saying that "Fools rush in where angels fear to tread." When it comes to our personal safety or the safety of our family and friends, we must learn to properly assess all threats, before taking action.

The problem is, in real life too many people are willing to rush into a potentially life-threatening situation without first conducting a proper threat assessment

Thinking tactically means analyzing the situation you're up against, anticipating problems ... and deciding what you will say and do, in advance, as part of a plan to control the action.

Tactics and tactical thinking is best remembered by the acronym TAPS, which stands for Tactics, Accuracy,

Power and Speed.

Police trainers tell us in a violent encounter, an officer's survival chances breakdown as follows: tactics represents about 40%, accuracy about 30%, power about 20%, and speed only 10%.

Yet speed and power are two areas of training that seem to get the most attention.

To survive we must recognize that people and places can present threats to you only in certain ways. Once you understand those ways, you can evaluate a threat potential in any situation, and be able to deal with it.

When faced with a threat, you need to focus your awareness on three things:

- **Problem Area**
- **Area of Responsibility**

it's not just a military application.

John Henderson: Absolutely. Most people don't think about those situations though until they actually happen. They try to rush through the store and there is nothing there. But our system is set up that way with just-in-time inventory and we created a system where if a single link fails, then the entire system is sort of like a chain breaking, it's only strong at its weakest link. It can come to all. Grocery stores, 30-40 years ago, had huge storehouses in the back. Now, it's all just in time inventory. At a grocery store, what you see on the shelf is what's available. There is nothing in the back. So again, it's a very efficient system, but it's not very robust. There is a very little resilience inside our system to withstand emergencies and disasters that are just part of life. They will occur.



Paul Haarman: Right. David, do you have any thoughts on what John has been talking about at all?

David Morris: Yeah. It actually brings up the point with one of the things I've talked about in the past is how countries that aren't as advanced as us wouldn't even know if there is a disruption in oil. As we've gotten more and more efficient, everything has become more and more fragile and we benefit from it in lower prices and just an incredible number of choices. But again, like John said, if anything happens, it all goes away and it goes away quickly.

Paul Haarman: Well, you know the part that absolutely amazes me, and John, you and I were talking about this on the phone earlier, I started out by talking about Japan and one of the things that you will hear on the news is that Japan, from a readiness standpoint and preparedness, I hope I'm using the right terms, because I'm in a new category here, they tend to be probably one of the most efficient societies out there. What is that comment that you made, John, about the earthquake versus the tsunami and so forth? Because I mean look at the devastation they still experienced. I mean, they weren't totally prepared for that either.

John Henderson: Well, exactly. They were prepared

in the traditional modern sense. They are the most prepared society when it comes in terms of earthquakes because they deal with it on a daily, weekly, monthly basis. What they weren't prepared for is the tsunami that occurred after that because the tsunami wiped out the infrastructure that was used to respond to and recover from that earthquake that they are prepared for, and that has also what led to the issues with the Fukushima nuclear reactors in that those reactors were reliant upon an infrastructure of outside power. They have a backup for that with the generators, but they did not take into consideration that they would be unable to maintain those generators or get fuel to those generators because they were reliant upon the existing infrastructure to be intact. When that infrastructure gets disrupted in modern society, you will see exactly what you see in Japan. With

that, there is still a crisis unfolding today and ongoing and all the attention was on the reactors and it's sort of unfortunate because it took attention away from the human toll and everything that's going on with the refugees with a half million people without homes and almost a million people without power for days and weeks.

Paul Haarman: So let me ask you a question. I mean, I'm going to direct this to both of you. I think human nature is that we all tune into one frequency and that's really how does it affect me, what's in it for me, however that little cliché is. What are some lessons that we can learn from taking something that is on top of mind as Japan? What does it have to do with us here in America? How do we prepare for it? On this, I'm going to throw several questions out. I mean, this will keep us going for a little bit here, but the other thing is what kind of things do we need to really be concerned with? And for those listening out there, I'm not talking about doom and gloom, but I'm talking about just being prepared for the worst in case it happens. And if it doesn't, then that's great. That's a good thing.

John Henderson: Well, David, I'll let you take that one first.

David Morris: All right. One of the biggest things is

from long distance. Can you hear us okay?

John Henderson: I can hear you.

Paul Haarman: Okay, listen. Especially after the events in terms of what took place in Japan, finally people are paying a little bit more attention. I know that there is a lot of folks, you and I have had extensive conversations about this, that this whole survival thing might be a little extreme with all these doom and gloomers. And I think, unfortunately, it's gotten kind of a bad rap whereas one of the things that I've been talking about in previous shows is that if our country ends up going in the direction of potential economic collapse, which I think unfortunately, and an emphasis on unfortunate, I think that's something that's going to become a very real reality for all of us.

Inflation is already running rampant. Whether we hit hyperinflation or not, who knows, but in my personal opinion, I think we are definitely going to hover that line very, very closely and I think what most of the folks or listeners out there don't realize is that that has a tremendous impact on us on a day-to-day basis. I'm not talking about necessarily terrorism or anything like that, but if all of a sudden, let's say, for example, you go to the grocery store and the food shelves are empty. I mean, that could happen for a whole variety of reasons as you've probably already know either due to a shortage of oil, gas, whatever, rising costs. I mean, we've already had countries in other parts of the world where the country has literally ousted the existing leadership, I mean, as you saw in Egypt when prices rose so dramatically, et cetera.

But you have a background. Again, I don't want to hog the stage here. You have a very interesting background, a military background. You've done things abroad. Why don't you tell our listeners a little bit about your background, and what your perspective is in all of this.

John Henderson: Certainly. First of all, thanks for

having me on the show. It's a pleasure to be here. I went into the military straight out of college. I was a disaster preparedness officer specializing in nuclear, biological and chemical warfare defense, and what we spend on a tremendous amount of time looking at the what if of warfare as well as natural disasters and then we develop scenarios, policies and trainings to help us deal with those scenarios. So what the result of that was is in the military we have a very robust capability to deal with the unknown, and when things happen that are out of the norm, we could easily respond back because we have those things built into our infrastructure.

Paul Haarman: Right.

John Henderson: Several years ago, the economy started to go in the wrong direction, so to speak. I've really started to look at our civilian infrastructure and how our country was organized and it was really the flipside of that coin. We had developed a very advanced society. We have the highest standard of living in the history of mankind, but we've created a system that is very fragile. It's very interdependent and dependent upon a lot of external forces. You

mentioned oil and energy and our society is built around relatively cheap energy in the form primarily in oil and natural gas.

Paul Haarman: I mean...

John Henderson: And that is...

Paul Haarman: No, I'm sorry. I'm just trying to relate this to the listeners. I moved here from New England a couple of years ago and we had an ice storm, and again, it was just a regular natural catastrophe. We were without electricity, any kind of power, anything like that, and again, we found the store shelves were empty because nothing was getting through. Everything was so icy. It was very difficult to even get in here. We couldn't even get road crews out there and it's stank so I mean it kind of resonates. I mean with a lot of folks,



- **Focus Point.**

These concepts will help you assess the risk and react to it by putting things into an orderly pattern.

Problem Area

A Problem Area is any person, object or site that may present a hazard to you.

Problem Areas include people, animals, vehicles, buildings, alleys, dumpsters -- anything at a scene that could conceal danger, even though the threat is not immediately known.

Area of Responsibility

You're leaving a restaurant late at night. As you walk to your car, a mini-van is the only other vehicle in the lot and is parked next to your car. This is a Problem Area and you need to do an immediate assessment, before you get to your car.

Area of Responsibility is an exact location within a Problem Area from which an attack could emanate. On human beings, they're the hands, feet and head.

Any attack is most likely to be a punch, kick or even head butt. With a car, any threat will come through a window, an open door or trunk. With a building, threats come from the rooftop, around corners, doors and windows.

Focus Point

You must learn to detect and be ready to control threats from these areas.

A Focus Point is a clear and present danger that must be controlled immediately. Time and distance will determine where you focus your response.

If you have plenty of distance and the threat has a knife, your focus is on controlling the person. If he's too close for comfort, your focus is on controlling the weapon. Your particular training is going to determine how you define "weapon."

For me, the brain is the weapon, regardless of what an attacker is holding, and my goal is to 1. Shut off the brain while 2. Staying out of the way of the weapon.

I'm not going to get in a struggle with an attacker over a physical object. Not only could they have another weapon accessible with their other hand, but if they're smart and get me fixated on the physical object we're fighting over, they can attack me with their other arm or with their legs.

Threat Evaluation Process

Normally, this is as deep as conversations about threat assessments go, and it assumes that you magically know a systematic method for evaluating whether or not people are threats.



Some people are able to walk into a room of 20-50 people and instantly remember details about every one and keep track of all of their actions over the course of a meal. I'm not one of those people, so I have to quickly filter out everyone in the room who is unlikely to pose a threat to me so that the number of people I'm observing is manageable. This allows me to focus whatever energy I have available for identifying threats on the people who are most likely to pose a threat

There are a couple of big points here. First, since this is a filter, some threats will get through. Second, it's important to realize and accept the fact that you don't always have 100% of your mental energy to devote to threat identification. Unless you've got a clear and present threat against you, you are probably identifying potential threats as a secondary practice after actually living your life.

If you are on a date, at a business meeting, or talking with friends at a restaurant, it's going to be very awkward if you stop your conversation and do a

head to toe assessment of everyone who enters the restaurant. Using a filter will help you with this.

So the filter(s) that I use are Intent, Ability, Awareness, and Context Clues.

Intent: If I see people excessively angry, in a rage, yelling and stomping around, getting into people's faces, or similar behavior, I assume that they have the intent necessary to hurt someone in the very near future. If they're glaring at me and I can visibly see their chest rising and falling, veins bulging on their head, subconscious snarls, other tells, or they just plain tell me they're going to hurt me, I'll assume they have intent to harm me.

Ability: In this case, I look for size, scars, fitness level, and obvious weapons or poorly concealed weapons. Essentially, I'm asking if the person could hurt me if they were trained and had intent.

Awareness: Is the person evaluating our surroundings? Do they react to sounds or movement? Do they check out new people entering the environment? Are they looking for potential mates, or potential opponents? Or are they zoned out and oblivious to the world around them?

Context Clues/Profiling: Look for tattoos that indicate violent tendencies, images on clothing that indicate violent tendencies, evidence of recent fights, and outward signs of gang affiliation. Also look for body language that doesn't fit with the situation. Are they breathing heavy with flared nostrils, dilated pupils and fidgeting as they approach the cashier in a convenience store? Profiling is not politically correct, but it works darn well.

In essence, this is the same as the intent/ability/means/motive filter for identifying potential threats, with one major difference being that profiling is not acceptable for threat identification systems taught in schools and the corporate world.

Triage: This process is a lot like having to do triage after a mass casualty incident. If you can envision being in a café when a bomb goes off outside and finding that you're the only person with a clear enough head to help the survivors. You have to quickly make decisions on who does and doesn't need attention and

then you need to decide which combination of people you can help the most with the limited time and resources that you have.

It's next to impossible to pull this off perfectly—you will make mistakes and second guess yourself. Some people who you think will make it don't and some people who you don't think have a chance at first glance will pull through. You've just got to accept the fact that you're not perfect and get busy doing the best you can knowing that your skill level will improve with experience.

Similarly, with threat evaluation, a filter is not going to be perfect. The goal isn't perfection as much as it is speed and efficiency so that you can live your life. You could dismiss a little old lady in a wheelchair and she could pull out a gun. You could think that the guy with the tats on his face is out to get you...only to find out that he's a prison chaplain who found God during his 20 years in the state pen. These are both POSSIBLE, but your goal is to identify people with the highest PROBABILITY of being threats in as little time as possible.

How does this threat evaluation process play out? It's pretty simple. As I enter a new situation, I quickly scan the room looking for people who have intent, ability, awareness, or context clues and QUICKLY take note of them.

While I'm doing this, I also look for familiar faces, and, in fact, try to appear as if that's my primary reason for scanning the room. The main thing I try to do to avoid looking like I'm scanning for threats is to have a slight expectant smile on my face as if I'm expecting to see a friend rather than showing an expression that looks like I'm expecting a fight.

After I've completed my scan, I go back to the persons of interest and look a little closer with the goal of dismissing them or confirming them as a potential threat.

Once you've decided that someone or multiple people are probable threats, you've got to decide whether to leave the area immediately or what your triggers are going to be for taking action—whether it's fighting, fleeing, or capitulating (giving in).

Your triggers are going to be different based on who you're with, how you're equipped, and your location

Try this the next time you're out. Like any skill, it will take awhile to get the hang of it and to be able to perform it efficiently and naturally, but once you do, you'll be amazed at how much you identify things going on around you that you never noticed before.

Remember, you can't eliminate all risks, but with tactical thinking you can reduce your risks and increase your chance of survival in any violent encounter. And the sooner you start developing your skills when your life doesn't depend on it, the more you'll be able to rely on those skills if your life does depend on them.



The Shift Economy

Part I

Introduction: The Shift Economy with Paul Haarman is taking Austin. Visit TheShiftEconomy.com today. Today's Shift features David Morris and John T. Henderson.

David Morris is a prolific writer concerning life crisis issues and has been featured on the nation's top talk shows including the Glenn Beck Show. Visit his website, SurviveInPlace.com.

John Henderson is a former member of US Air Force specializing in "Always Ready" philosophies. Trained in military and law enforcement, John combines his business management skills to teach self-reliance in times of chaos. After the show get the full podcast online at Talk1370.com.

Talk Radio 1370 presents The Shift Economy with your host, Paul Haarman. With your host, Paul Haarman, the weekly hour of power dedicated to help you discover how to thrive in the 21st century economy. It's the show that exposes the ugly truth about outdated traditional thinking and brings forth the new paradigm necessary to thrive in a very different reality. Your host star entrepreneurs and have been or are currently involved in such diverse fields as financial services, real estate investing, health care and professional sales and marketing, just to name a few. Bringing you simple solutions grounded in academic research from a collaboration of local leading industry luminaries from right here in Austin who come from

all walks of life and disciplines as well as research from some of the finest financial minds of Harvard, Yale, Princeton, Wharton School of Business and University of Chicago. You do not need to know everything if you have a community of industry leaders behind you and teaching you the key essential principles. Get ready for some comments, some clarity and solutions from your host, Paul Haarman.

Paul Haarman: Hello everyone, this is Paul Haarman. I'm your host. I'm a financial coach and strategies for the Renaissance Company and as always our business is local and we are live coming to you from beautiful Downtown Austin, Texas. Today we have a very interesting show. We are going to kind of break the mold a little bit in terms of rather than just talking about financial or some of the regular lifestyle things, I am honored to have some very special guest with us on air. I have John Henderson, who is actually calling in from long distance, who has got a very extensive military background on survival and a background also on urban survival, I guess, I might say. I will let him kind of go into a little bit more detail because it's pretty heady stuff, so he can kind of put it into a proper perspective.

I also have David Morris who is a published author, same topic, and both have covered the same type of category, but yet from different plane fields. So I think it's going to be very interesting to have the two of them joining us in the studio. So John, you are calling in