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Sighted Fire or Point Shooting

By Dr. Leonard M. Breure, PhD

For those of you who don't know me, I've been in the military or law enforcement for 28 years. I've been a weapons instructor for 23 years, eight years of which was spent as the Chief Instructor of the Passaic County, NJ Police Academy. I've taught thousands of cops, soldiers and civilians to shoot. I've trained under most of the top guys in the country and have a PhD in Criminal Justice Education. Most importantly, I've been involved in several shootings personally.

I mention all this for one reason only, even after all of this, I still don't have the answer! What I can do is share my experiences and give you some facts from my research. (I would be glad to provide details to anyone who asks.) You can never get enough training, knowledge or experience!

First, about my two shootings. I am a Modified Weaver shooter - I use my front sight if at all possible, carry a 1911 and dry fire almost every day. In short, I live and breathe this stuff 24/7. The first shooting I was involved in was against a burglary suspect that was trying to kill me. The distance was about twenty yards. My partner said I stood in a perfect Weaver stance, with the gun at eye level. I remember clearly seeing the orange insert on my front sight. I fired two quick, sighted shots from my 1911 (NOT a double tap). Both rounds impacted about 2" apart, center of mass — end of story! With all the training and practice I've

had, at that distance SIGHTED fire saved my life.

The problem with all the statistics and percentages are we don't have all the facts. Numbers of shootings at XXX yards, etc. doesn't tell us if the shots hit or missed. Most stats come from the F.B.I. Uniform Crime Reports and their Officers Killed Summaries. "Officers KILLED" most of the time means that whatever they did DIDN'T WORK. In the 60's and 70's when point shooting was the rage, 80 to 90% of the shots fired by NYPD cops MISSED! No matter what the distance. One officer I know of shot six rounds at a suspect, point shooting, at five feet and missed every time. The suspect ran to about 15 yards, turned and fired at the cops again. The cop remembered what he had been taught at the academy about looking at the front sight, aimed, fired once and killed his attacker. This was a rookie with minimal training and only a few months on the job.

In my second shooting, I was confronted with a 12-gauge pump shotgun, pointed at me from about 12 feet by a deranged subject. With no time to spare, I raised my pistol to eye level, used a flash sight picture (basically just buried the front sight center of mass) and double tapped. The two 230 grain Hydra-Shoks from my .45 entered about 1 inch apart. This time the distance was close, the time frame was hyper-quick, but seeing my front sight, even if only briefly, assured

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two solid hits, ending the engagement instantly.

To answer the question about how much training does it take to be able to use your sights under stress - the answer is a lot, but how much do you want to live??? It's worth the time and effort. For years in the basic program at the Police Academy, recruits got 40 hours of firearms training. I would say that is the MINIMUM to learn and develop acceptable skills with a handgun for a professional. That means training under a good instructor, not just practice on you own. A civilian can probably get by with a 2 or 3 day course to start with, but I would highly recommend additional training when practical. Today, most progressive agencies conduct quarterly training.

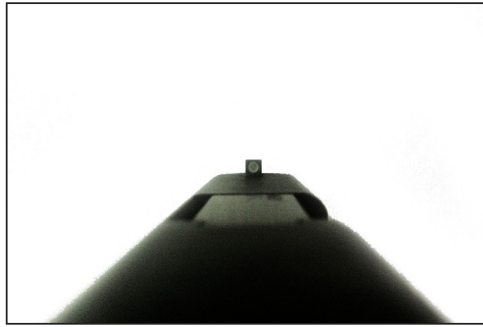
Again, I think that is the minimum. When I worked the street full time, I dry fired every day and shot once a week. Top notch Special Response Teams spend 25% of their time training. That works out to about 40 hours per month! My recommendation to my students is to dry fire at least twice a week and if at all possible to get to the range a minimum of once a month.

Point shooting in real gunfights, (whatever the distance) just doesn't have a good track record. Yes, it seems to be what people with little or no training do under stress. That doesn't mean it will work. When you take a close look at a lot of actual shootings and their details, one thing becomes VERY CLEAR...

You stand a better chance of hitting your target if you look at your front sight!

Does this mean always using your sights? NO. It means that you are more likely to survive if you can, but often

the circumstances, including time and distance, don't permit using your sights. Therefore, you **MUST** have some other options.



Here is one possible solution that many others and I have used for a number of years. Most of the top schools - police, military and civilian, teach something similar. It has been PROVEN, time and again in actual shootings. It is based on a couple of fundamental principals:

- 1. USUALLY time and distance are proportional in a gunfight.** That means that the more distance involved, creates more time that you have and the more time that you'll need to hit your target. (Also, the greater the distance, the more you need your sights.) Obviously there are exceptions.
- 2. Regardless of the circumstances,** you are more likely to hit your target if you use your sights. It doesn't matter if you are a cop or civilian, highly or poorly trained, shoot yearly or daily; the fact is sights help you hit what you're aiming at. (Also, the LESS you train, the MORE you need your sights.)
- 3. Holding a handgun at arms length,** (even if it's not at eye level), when you are at contact distances with your opponent, is asking to have your gun deflexed

or taken away. In extremely close quarters, you must protect your sidearm.

4. Distance is your friend! By increasing the distance between you and your adversary, you up the odds of survival in your favor. Movement in general and moving away from your opponent in particular, makes you a harder target for him to hit.

5. Cover (not just concealment) is your Best Friend! Movement is good, distance is better, and cover is best. Cover means something that will stop incoming rounds. However, anything that you can put between you and them is better than nothing.

This being said, here is a basic explanation of the system. With proper training, diligent practice and the right mindset, it is the best set of tools for the job.

I will use as an example, a situation that begins at contact distance and moves to greater distances. This will serve to illustrate all the shooting positions.

At contact distance (arms length):

- Defend with your weak arm or push away from your opponent, as the situation requires.
- At the same time draw and if needed fire, using a gun retention or "speed rock" position.

As you begin to increase the distance (a yard or two):

- Transition to a two hand hold and begin raising the gun to eye level.
- If need be, at this short distance,

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you can fire from a point shooting position.

Continue to move away and hopefully toward cover (about 3 - 7 yards):

- As the distance increases and the gun comes up to eye level, use a flash sight picture by placing the front sight center of available mass. No need to worry about the rear sight yet.
- Continue to fire (if necessary) and keep moving.

As the distance increases and you take cover:

- Assess the situation. If you have not stopped your antagonist, consider why not? Are you missing? Slow down - front sight, press the trigger... Are you hitting but he's not going down due to drugs, body armor, poor shot placement, etc? Slow down, consider shooting for the central nervous system - front sight, press the trigger...
- At this point (medium distance), proper use of BOTH sights becomes critical. Remember the basics, sight alignment, breath control, trigger squeeze...

If the distance increases more or you are using low cover:

- Switch to the Roll-Over Prone position.
- Maintain effective use of cover, focus on the front sight and press the trigger.

Keep in mind that throughout this or any deadly force encounter you should:

- Be giving loud, simple verbal commands (STOP! STAY AWAY! DROP THE KNIFE!)

- Adjust your use of force (Force Continuum) as the situation changes.
- Reload as needed, (hopefully from cover), as soon as there is a break in the action.
- Scan to look for other subjects, break tunnel vision, etc. - "Check Six!"

I use this example only to show how your shooting position needs to change as the distance / time changes. Is it a lot to learn and practice? YES! Is it worth the effort? MOST DEFINATELY!

One drill that can be used to practice this system goes something like this...

Start at arms length from your target. Block or strike with your weak hand as you draw and fire two rounds (double tap) from a gun retention or "speed rock" position.

As you take a step or two to the rear, switch to a point shooting type position and fire a couple more rounds.

Continue to move rearward, raising

the gun to eye level. Flash sight picture... front sight center of mass... several more rounds... keep moving...

Somewhere in the mid-range distances (I don't like fixed distances on the range - they're not fixed on the street.) take cover, reload, assess and fire a few more rounds.

Transition to a Roll-Over Prone position and fire a few more rounds... scan, reload... End of exercise.

In the beginning you would practice this VERY slowly. Fire, then move, stop, fire, move again, etc. As you progress, the tempo increases. Done properly by an experienced shooter, this entire drill flows as one continuous fluid exercise.

Having developed a selection of tactical tools in the form of several properly trained and regularly practiced shooting styles or positions, is the ONLY real way to maximize your survivability. In short, if at all possible, look at the front sight and press the trigger. I'm alive today because I did exactly that!

About the Author

Leonard is retired Army, a 30 year law enforcement veteran with first hand experience in lethal force encounters, has his B.A. in Criminal Justice, M.A. in Criminal Justice Management and a PhD in Criminal Justice Education. He runs a firearms training company in New Richmond, WI called LCGS Enterprises with his wife and has just completed his 2nd book, "Personal Protection Tools."

30,000 Ransom Kidnappings a Year

Is Your Family Prepared?

Kidnapping has been a topic that has been big on my radar for several years. Enough so that a couple of years ago a team of former SERE instructors (Survival Evasion Resistance Escape) and I went after contracts to provide training to military personnel that basically consisted of the following:

- 1. How not to get kidnapped.**
- 2. How to escape if you do get kidnapped.**
- 3. How to get tortured least, if you can't escape.**
- 4. And how to get killed last.**

The contract went to one of the billion dollar government contracting agencies instead of us, even though we were by far the most qualified applicant for the contract. Oh well...that's how government contracts go. I don't have anything against the company, or their size. In fact, I've had good dealings with them in the past.

My focus up to that point, had been express kidnappings. Express kidnappings are more common in Central and South America. In an express kidnapping, a businessman may be kidnapped on his way to work in the morning, a finger cut off and sent to the family along with a note asking for \$10,000 by noon. It's a small enough amount that most of the target families can come up with the money and don't get the police involved.

If the family pays, sometimes the kidnappers return the target. Usually they just kill them or string the family along for more money. Depending on the location, sometimes as few as 20% of the people who's families pay

the ransom are returned alive.

Don't believe it can happen to your family? Think again. Every hour three more people are kidnapped. For most Americans the word "kidnapping" brings to mind either images of wealth and fame - large homes, expensive cars, the elite, or that word ingrained in our collective national psyche - Lindbergh.



The reality of kidnapping in the U.S. has changed. It has become, in many instances, a common street crime. And it is happening with much greater frequency. According to an article in the Wall Street Journal, kidnapping is increasingly being used by common street criminals to extort and exact retribution against other criminals. Drugs and gangs are factors in the vast majority of these cases.

Because of the nature of the participants involved, statistics are hard to come by. Incidents are often not reported to police until things go

tragically awry. But it happens often enough that law enforcement now have a good idea about the alarming frequency with which kidnappings actually occur.

Consider these cases cited in a *Wall Street Journal* article from April 17th, 2001. And yes, I'm using an article from 10 years ago for good a reason:

A Detroit teenager was abducted by a drug dealer who thought a boyfriend of the teenager's cousin had taken one of his guns. After being held and tortured for 11 days, the teen was eventually murdered.

A record store owner was abducted because misinformed kidnappers thought he was laundering drug money through his store. The victim, again, was tortured and murdered - for a \$10,000 ransom demand.

A young woman's seemingly upstanding boyfriend was, unbeknownst to her, a criminal. She was abducted and murdered over a money dispute with his crime partners.

Kidnapping has become pedestrian in nature. Targets are no longer just wealthy families and powerful business figures. At least in the U.S., it is now a low-level crime - "the lazy criminals crime of choice" - aimed at victims completely unaware of their risk via friends and relatives.

The reason I gave you that example from 10 years ago is to give light to the ever-present threat that it is. It's not seasonal, but the frequency of kidnapping has increased as criminal organizations have recognized it as another source of income.

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That's one look at kidnapping in recent history. The other side is the lucrative worldwide industry it has become since then. The growth in kidnapping as a money-making business has primarily taken place in third-world and semi-developed countries. (Although the U.S. still ranks in the top ten in the incidence of kidnapping - ahead of Venezuela, India and Ecuador.)

The exponential rise in kidnapping in many of these regions correlates largely with the end of the cold war. Most of the countries involved have political unrest and active rebel factions operating within their borders.

When the Soviet Union was a viable world power, they gave funding and support to many of the rebel groups around the world. With the collapse of the Soviet Union, resources vanished, leaving the groups to find new means of support. They have found the drug trade and kidnapping to be the most profitable ventures.

The result is a worldwide explosion in kidnapping cases. In Columbia, formerly the world's kidnapping capital, there were 1,011 documented kidnappings in the ten years, 1977 - 1987. By the 90s, there were an estimated 2000 kidnappings per year in Columbia alone.

Worldwide it is estimated there are 30,000 kidnappings for ransom each year. That's about 3.5 per hour. Exact numbers are hard to come by because cases are often kept off record. Many are handled unofficially by secretive professionals of private kidnap consultancy and negotiating firms. In addition to the kidnappings for ransom, there are hundreds of thousands of intra-family kidnappings per year, as well as revenge kidnappings connected to criminal organizations.

Accurate statistics are especially difficult when the victims are foreigners. State departments and embassies usually decline to get involved, citing a "no negotiating" policy with hostage takers.

**MENTAL REHEARSAL IS
INVALUABLE WHEN IT
COMES TO THE ABILITY
TO RESPOND CORRECTLY
IN A CRISIS SITUATION.**

Protecting Yourself

Kidnapping happens to ordinary people, more often than ever before - this is a fact of life in today's world. In Argentina, when their currency crashed, many people turned to express kidnappings to support their drug habits or simply to put food on the table. \$10,000 wasn't the goal... many lower end criminals were satisfied with doing a handful of \$1-3,000 kidnappings per month.

In other words, as the economy goes down, EVERYONE becomes a possible target. But as with all crimes, there are things you can do to protect yourself.

Domestically, try to be knowledgeable about the lives being led by friends and relatives. You don't have to be obnoxious about it, but it doesn't hurt to be a little bit nosy.

If someone you know is involved with drugs or gangs, the risk of kidnapping to you or your family is MUCH greater. Be aware of that. Specifically, here are some things to look out for:

- **Friends or relatives who have kids into drugs.**

- **Friends of your kids who start hanging out with the wrong crowd.**
- **Babysitters, house cleaners, or assisted living personnel who may be using drugs or dating someone who is.**

This is another reason to be discrete with your preparedness activities. Most people don't have very much excitement in their lives and the things that they see at your house may be the best conversation starters they've come across. "You wouldn't believe what I saw over at John and Jane Doe's house!"

When we have people doing work in our house or friends over, we simply have areas where we don't take them. We're fortunate (laugh) in that we got wiped out to a large extent during the last real estate crash and so we don't have many valuables that could be quickly converted into drug money by a thief.

If you like showing valuable art and other objects in your house, just be aware that it might make you a tempting target. I don't believe in the fantasy of a risk-free life, so I'm not saying that you shouldn't have nice things—just keep your eyes open to the impact that flashy possessions have on your personal risk/reward equation.

Be aware of your environment - even if there is not a known criminal element in your circle of relationships. Guard against strangers who approach you in an unusual way. Guard against putting yourself in a position or location that limits movement or avenues of escape.

Look up your address on SpotCrime.com. If they don't have your city, do a search for CRIME MAP and the name of your city to see if any other crime reporting maps have info on your city.

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In every instance that I know of, these maps under-report crime, but they are normally a good gauge of relative crime activity.

If you are able, consider joining or starting a neighborhood watch in your area.

Practice “what-if” scenarios as you move about during the day. As law enforcement training has proven, mental rehearsal is invaluable when it comes to the ability to respond correctly in a crisis situation.

This same advice applies even more so when traveling in foreign countries. Always be aware of your surroundings - both people and places. If possible, dress like a local and assume the same gait, gestures, and mannerisms as the locals.

Don't Get Kidnapped

This is basic situational awareness, counter target identification tactics, and awareness of regional threat levels. We cover basic situational awareness in almost every issue. The others are a little more involved and I'll cover them now:

Counter Target Identification Tactics

What kidnappers (and home invaders) are looking for is someone who has items that can be turned into cash quickly and easily. Precious metals (jewelry) can be melted and sold. Cash can be used immediately. Some electronics and tools can be sold quickly.

Ironically, in some parts of the US, thieves have found out that people with fancy clothes, nice cars and big houses are buried up to their eyeballs in debt and don't have any cash or items that

convert to cash. (I'm not judging you if you're in that group) As a result, there has been an uptick in crimes against lower income immigrants (legal and illegal) who don't necessarily trust banks and keep more of their money in cash. This is one reason why I suggest keeping any precious metals that you have somewhat inaccessible from your house.

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Back to counter target identification tactics; what you want to do is avoid doing things and dressing in a way that make you stick out as a highly desirable target. In many cultures, it's acceptable and encouraged to show your wealth on your neck, wrist and fingers, but doing so is kind of like spraying “doe in heat” scent over yourself, running into a pen of bucks and expecting nothing to happen. You might get lucky once or dozens of times, but sooner or later the law of averages will catch up with you.

Awareness of Regional Threats

Simply put, keep your antenna up for conversations or local stories about kidnapping. Personally, I discount intra-family kidnappings and illegal alien kidnapping because they aren't as likely to affect my family. The same may not apply to you.

If you're traveling to another country, do some internet searches for recent news stories about kidnappings. Most don't make the news, but a systemic problem will probably get picked up.

What to Do if You Do Get Kidnapped

This isn't a one size fits all question, and the answer depends on many factors. Is the tendency of kidnappers in your area to return victims alive? Does your family have access to the resources that the kidnappers are demanding? Is the purpose of the kidnapping ransom, sex/sex trade, revenge, political or something else? Are you the victim of a case of mistaken identity? Was your kidnapper intending on kidnapping you, or were you a target of opportunity when another crime went bad? Are you trained appropriately and in good enough condition to resist? These are all factors that play into whether or not you want to fight, flee, or comply with your captors and you may have to make a decision before you have a clear answer.

Resisting an amateur non-violent group of kidnappers or “accidental” kidnappers could provoke them to use excessive violence. At the same time, not resisting a professional group of kidnappers who has a history of not returning their victims could guarantee a bad outcome for you.

Regardless of whether you decide to resist and escape or not, there are a few tried and true rules that you want to follow:

- **Don't verbally challenge your captors, glare at them, or attempt a “stare down.”** If you decide to comply, you don't want them to think you're a fighter so that you'll get better treatment. If you decide to fight, you don't want them to think you're a fighter so that they won't be as guarded around you and will hopefully give you more opportunities for escape. Cry,

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shake, stumble over your words, or even wet yourself if you get the impression that it will make you appear like less of a threat.

- **They will want to de-humanize you in their minds.**

Do what you can to make yourself relatable to them. I had a single friend who spent a lot of time overseas in hostile countries who went so far as to carry fake family pictures in his wallet. Michael Durant, a Blackhawk pilot made famous in the book and movie “Blackhawk Down,” actively befriended his captors, and by doing so, won them over and was treated better as time went on.

- **Stay calm and rest when you can.**

Practice deep breathing, pray and go to your “happy place” in your mind. The calmer you stay and the more you can sleep, the more resilient you’ll be to malnutrition, dehydration, and harsh treatment.

- **Treat your captors like royalty.**

Be very respectful and gracious. Don’t speak unless spoken to. Be a doormat and a verbal pushover. If they control you physically, winning a verbal fight will most likely cause them to regain their honor by proving to you that they control your physical comfort.

Escape

If you decide that escape is an intelligent option, you need to execute your plan with 110% intensity. This is material for live training or video training, but I’ll cover some of the basics for you here. If you’re interested in video or live training, send me an email or comment on the forum for

this article. Even though it’s a horrible topic, the skills involved in getting out of kidnapping situation are quite fun to practice and master and I’d be happy to record a lesson on the topic.

**IF YOU DECIDE
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INTELLIGENT OPTION,
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INTENSITY.**

Time – In a typical kidnapping, the kidnappers will use speed, surprise, and overwhelming force to get you under their control. From the first contact on, targets will be “softened” with rough physical treatment, malnutrition and a lack of sleep/comfort. They’ll also be restrained more and more effectively and transferred to progressively more secure locations. As a result, you want to resist and attempt to escape as soon as you have an opportunity.

This can happen FAST. A few years ago, I was part of a group running anti-kidnapping scenarios and we were regularly able to have one man make initial contact with an unaware woman in a parking lot, subdue her, restrain her, secure her, and drive off within 15 seconds. As a note, the woman was playing the role of an unaware woman and was a willing participant in the scenario.

It’s important to note that whether to resist or comply initially is not a black and white issue. Advice varies CONSIDERABLY from expert to expert and is influenced by the particular brand of kidnappers they’re used to dealing with. If you’re in an area where a professional group is operating who has a history of returning targets quickly and safely,

then resistance is not necessarily the best option. In other cases where the kidnappers are predictably brutal, your best option will probably be to try to escape.

Efficient Elimination of Attackers

A victim of kidnapping has to assume that their captors are willing and prepared to use violence to control them. As a result, if you do decide to confront them or are forced into a position where you have to confront them, you need to eliminate them as threats as efficiently as possible.

Put bluntly, that means shutting down their central nervous system either temporarily or permanently so that they aren’t able to recover and help keep you captive in the future.

This means that you need to train using strikes that destroy people rather than simply causing them pain. In short, if you see people using a particular strike in a mixed martial arts fight like the UFC, you don’t want to use it when your life depends on it.

Tough guys can trade “legal” punches and kicks for 15 minutes on TV and still smile and hug each other afterwards. You need to use techniques that will destroy your attacker’s ability to cause you harm. Poke a guy’s eye, clap his ear, punch his throat, crush his testicles, or make his knee bend backwards and hit the floor and you’ll be able to finish him off before you even start breathing hard, and walk away without worrying about him coming after you again.

This doesn’t mean you have to use lethal force. Once you’ve taken the fight out of someone, you can break joints if necessary, gag them and restrain them.

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This is the level of violence you need to be prepared to use. And you need to be prepared to face the consequences of taking those actions if your escape attempt is stopped after you've taken out one or two of your captors. If you know you're going to be killed after ransom demands are met, your decision will be easy. Other than that, there is a LOT of gray zone that is less clear cut.

Where do you learn these skills? Probably not at a gym that's willing to teach kids or that has a belt system. Most martial arts studios fulfill different goals than teaching people how to quickly and efficiently eliminate threats with dirty fighting. Personally, I've competed and trained in multiple martial arts and for pure threat elimination training, I choose to train using the concepts of Tim Larkin's Target Focus Training. You can read about it by going to SurviveInPlace.com/targetfocustraining.

Escaping Restraints

I'll cover two major classes of restraints here and do a video segment if I receive requests to do so:

1. Hand cuffs – There are two major ways to get out of handcuffs. First, you can attack the lock. You can accomplish this by using a handcuff key that you've hidden on your body or by using a small, stiff piece of metal like a bobby pin. The second way you can attack handcuffs is to attack the locking mechanism. Handcuffs use a ratchet mechanism to allow the handcuffs to get progressively tighter and not get looser. You can attack the ratchet mechanism by sticking a flat, narrow piece of metal between

the part of the cuffs that swings and the main housing of the handcuffs. One of the simplest tools you can use to do this is the flat piece of metal found on cheap pen caps.

Why learn how to get out of handcuffs? While it may not be the most common illegal restraint in the United States, in countries with corrupt police, law enforcement is involved in the kidnapping trade and they use the tools they have available.

I would never suggest that you attempt to get out of restraints that have been applied by law enforcement in your home country or a friendly country. If you were wrongfully detained up to that point, they will have a case against you after you pick your cuffs.

2. Zip tie, phone cord, electrical cord, plasti-cuffs, duct tape, & rope

– This entire class of restraints can be attacked in the same way...with friction and heat. If you've ever bailed hay or fed hay to livestock, you're probably familiar with the technique of cutting baling twine WITH bailing twine.

What you do is take a scrap piece of bailing twine and rub it back and forth perpendicularly across the bailing twine that you want to cut, using the same motion you'd use to cut wood with a cable saw.

In a situation where you're unlawfully restrained, you're obviously not going to be able to use your hands like you can with bailing twine, but you can still use the concept. Here's how:

Take your shoe laces, paracord from a paracord bracelet, an electrical cord, or anything else that is thin,

strong, cord-like, and 4-6 feet long.

Tie loops in both ends big enough to fit your feet into. You can use any knot that you're comfortable with and can tie with your hands restrained. I like using a bowline or a figure 8. Personally, I can tie a bowline with my hands tied with more precision than a figure 8, but I can tie a figure 8 easier if I can't see what I'm doing.

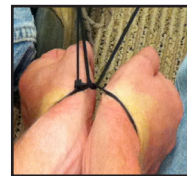


Put one foot into one loop, run the cord around your restraints and run your other foot through the other

loop, making a "V" with the point at your restraints and each end of the "V" at your feet. Try to run the cord



THROUGH your restraints so that it is only touching your restraints in one spot and is not touching your skin. I've done this in the pictures below. You may have to run the cord so that it touches your restraints in two places and touches your skin.



Push your feet out, pull your hands up, and pump your feet like you're on a stair climber until you cut through your restraints.

What you're going to be doing is creating enough focused heat to cut through your restraints by using friction. This is really slick, because the heat will be distributed along the length of the cord you're using, but focused on as small of a spot as possible on the restraints. Note, since

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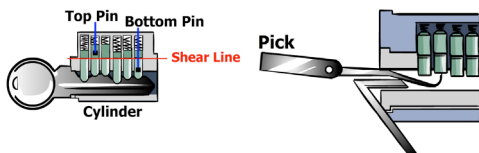
this technique produces enough heat to cut through restraints, it can burn you as well. In fact, I can almost guarantee that you'll get a burn if you do this more than a couple times.



Trunks – Not every kidnapper has a van to throw their victims in, and many simply use the trunk of their car. Fortunately since 2002, cars sold in the US must have emergency, glow in the dark trunk releases inside the trunk.

In the event that the release is disabled, another strategy is to disconnect the wiring from the taillights and use it to signal a driver behind you. You may also be able to kick out a tail light assembly and signal a driver behind you.

Picking Locks – From padlocks to door locks, victims of kidnapping who are in a position to escape can benefit from knowing how to defeat locking mechanisms. This is part art and part science, and you can get as involved as you want, deciding to learn how to pick locks with brute force or with fine tuned tactics so good that even a forensic locksmith won't be able to detect that the lock was picked (also called surreptitious entry).



This is really a skill that you want to

learn in person. You CAN learn it from books or DVDs, but a little live instruction goes a long way. As an example, I would consider myself an armchair picker, but I can get a newbie opening locks within 5-15 minutes. With that disclaimer, I'll give you a VERY simple overview of picking cylinder locks like what you'll find on door handles, deadbolts, and padlocks.

In simplest terms, when you stick a key in a cylinder lock, it lines up pins so that the cylinder can turn freely and engage or disengage a latch. When you put a key into a lock, it lines up all of the pins simultaneously and immediately and you can turn the cylinder. When you use a pick, you have to line up the pins one at a time and you'll be able to turn the cylinder once all the pins are lined up.

If you'd like to learn how to pick locks, I suggest doing an internet search for "lockpick club" and the name of your city. Most cities have organized groups who get together on a regular basis to practice lockpicking.

Rescue

If you happen to work for a large company in a hostile country, there's a decent chance that they have a kidnap and recovery (K&R) policy covering you. Ironically, if you find out that you're covered by a K&R policy, you won't be covered because of the risk to insurance companies of fake claims. As a side note, if you need K&R insurance, I suggest talking with Matthew McKinley from McKinley International Risk Management, (McKinleyInternational.com) who helped provide some great fresh information for this article.

There's also a chance that your

company could pay for a rescue team or that law enforcement will get involved in a rescue.

If a rescue attempt takes place, know it will be violent and noisy. "Flash-bang" grenades that are deafening will be released and most likely there will be lots of gunfire.

If you become aware that the rescue assault is taking place you should hit the floor, stay down, protect your eyes and ears and NEVER stand up unless ordered to do so by the authorities. Hostages have been needlessly killed when they stood up during rescue attempts.

Expect to be treated like one of the bad guys until your rescuers determine that you haven't partnered with your captors and are in a sane and stable state.

When ordered out by the rescue team, follow directions quickly, but don't make any fast moves - keep your hands in the open. Be prepared to be taken into custody, frisked, and possibly handcuffed.

The rescue team's intelligence may be incomplete or incorrect as to the description and number of hostage takers or your captors may have significantly altered your appearance because of physical abuse or because they've disguised you to make transportation easier.

Now, here's where the rubber meets the road. The chances of most people getting targeted for kidnapping is slim. That being said, I still believe that this knowledge is important and valuable. Why?

First, because almost everyone agrees that it's important to have smoke detectors in your house, fire

30,000 RANSOM KIDNAPPINGS A YEAR IS YOUR FAMILY PREPARED?

extinguishers in your house, ladders in your house to escape from 2nd story windows, basement windows big enough to crawl out of, fire safes, and a family emergency plan in place in case of fires. Did you know that according to the FBI and the NFPA (National Fire Protection Association) that you're 8 (E I G H T) times more likely to experience a home invasion than a home fire?

Most of those home invasions are thwarted when the robber realizes that someone is home. But some robbers panic and turn into kidnappers without a plan. And, in other cases, the robbers come into the home armed expecting and planning on the occupants being home and taking them captive.

Incidentally, this happened to a

friend of mine who's name I won't mention. You may have seen him on TV...he's well known in professional fighting and has coached a hand full of famous UFC fighters. He's not just a coach...he's been a fighter for more than 20 years. He's probably 6'4", 230 pounds, lean as a tiger, and proven as a fighter. He's not the guy you'd pick out as the weak gazelle in a crowd...and he still got targeted by guys with guns in the middle of the night. And if it happened to him, I believe it could happen to anyone.

Second, almost all of the skills involved with avoiding and surviving kidnapping situations are useful in a wide variety of situations. In fact, I think of it as cross training. The situational awareness skills you practice to avoid being a kidnapping victim carry over to every other are where situational awareness is beneficial.

The skill of defeating locks and restraints isn't a skill that you'll actively use on a daily basis, but the mental gymnastics and problem solving skills that you have to develop and use ARE useful on a daily basis.

The skill of avoiding verbal and visual conflict hopefully won't keep you from being physically beaten on a daily basis, but it might help you diffuse a no-win conflict that you find yourself in.

In other words, spend some time on these strategies regardless of whether you think you'll ever need to use them in an actual kidnapping situation or not. You'll be amazed at how often you find yourself using them in everyday activities.

David Morris/Larry Yatch Situational Awareness Interview

David here...I have the privilege today to introduce you to a gentleman who I greatly admire. Lt. (ret) Lawrence Yatch, a graduate of the U.S. Naval Academy and a ten-year veteran of the U.S. Navy SEALs. He has been a leader while serving in extreme environments around the globe. If you've read Dick Couch's book, "Down Range" highlighting some of the most effective game changers in the war on terror, the "Yatch" method (created by our guest) of taking over ocean bound vessels, is the first example. In addition, Mr. Yatch planned and led his SEAL platoons in the assault on the world's largest oil platform in the most extensive Special Operations mission in history, during the opening night of Operation Iraqi Freedom.

DM: Today I've got Larry Yatch with me from sealedmindset.com. And Larry has several very neat product lines. The one I want to talk with him about today is his course on, basically a step-by-step guide on how to improve your situational awareness. I've gone through it and I absolutely love it. Larry, I love your approach, and I love how simple you've made the process

of developing situational awareness. Do you want to just tell us about it real quick and then I've got a few questions for you, and then we'll go from there?

LY: Sounds good. I think I'll give a little bit of background on how we got to even creating the course because it's easier to understand what we were attempting to do and what I believe we succeeded

in doing when you understand where it came from. It all really started with my experience in the SEALs.

I spent just over ten years as an officer in the SEALs and made multiple combat deployments to Iraq and Southeast Asia, and I spent almost a year in Lebanon with just one other military guy there with me.

As a SEAL, unlike popular culture will have you believe, we don't spend all of our time shooting stuff and blowing things up. As much as I wish that would have been the case, it isn't. Since we operate in such small units (relative to other units), where the basic fighting force is a platoon of sixteen, (but as I stated before there were times where we were in units as small as just two people), when you are operating in units that small, you can't afford to get into conflict, into combat, into shooting, without you picking the time and place of the conflict.

When you do that you can stack the deck in your favor and make sure that you win.

So I think 90-95% of the time that SEALs are operating, they're actually operating to avoid conflict as opposed to get into it. So from that it really is a large part of our training and a large part of our operational planning and operations to be able to assess threats, to identify bad environments, and avoid conflicts.

What I've found when I look at what was available out there on the market for a normal civilian, is you've got a lot of skills based-programs.

What I am referring to are your martial arts programs, fire-arm based programs, and rape defense for women. All of those programs start out by saying, "You need to be aware of your environment and avoid conflict, that's the most important thing," and then they go into how to do a nice eye-gouge or a groin kick.

And when you sit there and ask them, "Well, when you say 'be aware of your environment', what do you mean?" the answer was always, "Well, you've got to look for bad people and stay away

from them." And so then I'd say to them, "What's a bad person?" Then they'd say, "We're not here to talk about that today. This is how you do that wrist lock."

**WE DEFINE A THREAT
AS "SOMEONE THAT HAS
THE CAPABILITY TO
CAUSE YOU HARM
AND INTENT TO
CAUSE YOU HARM."**

So I found that no one really understood, or better yet, could put it into words how you be aware of your environment - you identify threats, you identify bad situations, and you avoid conflict.

As human beings I've found that what makes us different from all other animals is that we live in language, and if we don't have words for something, you can't possibly coordinate action around it. What I mean is, if I hold up a pen and ask you what it is, you say, "That's a pen." As long as I'm writing with it. If I take that pen and try to stab you in the chest with it, all of a sudden that pen becomes a weapon and you call it a weapon. So the pen, in and of itself, is only what we call it and how we coordinate our action around it. So if I say to you, "What's a threat?" Unless you can put specific words very succinctly to what a threat is, you can't possibly identify one and coordinate your action around it. Does that all make sense?

DM: Oh, it makes perfect sense. I love that approach to it.

LY: So we then set forth to take all of these nebulous terms that we just take for granted or common sense, like dangerous situation, threat, safe place, non-threat, and put very specific

language to define it so that you truly understand what these things are.

When you understand something, it becomes fundamental knowledge that you can use across different times and different situations. If I show you how to do a perry for a right-cross, that only works when someone is throwing a right-cross at you. It doesn't help if they're trying to kick you. Yet if I can define a threat as "someone with capability to cause you harm and intent to cause you harm" and then succinctly define and show you how to identify capability and intent, all of a sudden you can go through life observing and coordinating around avoiding threats.

DM: You said that kind of quickly, but what you just said is absolutely golden. The filter that you teach in the course. It sunk into my head with different terms, but tell me again the terms that you use.

LY: We define a threat, or you can replace the term threat with "bad person" - we don't have to use confusing terms - as "someone that has capability to cause you harm and intent to cause you harm". What I mean by capability and intent is, if you take a baby that has no capability to hurt me, even if they have really evil intent to hurt me, they can't. So they're not a threat. They can't possibly be a threat. Capability is relative to each person. So, someone's capability to cause me harm, because of my training, my size, and my skills, is going to be different than my wife. Because she has different capabilities and limitations.

So capability is relative to each person and it has to deal with both knowledge and physical skill. So if you take a really big, strong guy, but he has no idea what to do with all that strength,

he doesn't necessarily have capability to cause you harm.

And capability is fine. But you take a big strong guy, but if he has no intent to cause you harm, then he isn't a threat. Which is most people. Most people have some level of capability to cause us harm, but they have no intent, so we don't treat them as or observe that they are threats.

DM: That's so powerful. Just that little bit, the way that you go through it in the course, basically allows someone go into a room of twenty or thirty people and not be overwhelmed with trying to figure out who is a threat. It's just a step-by-step process: Do they have the capacity to hurt me? Look around the room. Do they have the obvious intent to hurt me? Look around the room. And it takes the twenty or thirty people down to two or three almost immediately.

LY: Absolutely

DM: And makes a much more digestible group of people to watch rather than trying to watch everything that everyone is doing in the room.

LY: And to kind of give you two examples of where this goes to. It starts with someone having no idea of what to do. Where they're just overwhelmed with, "I know sometimes I'm in bad situations and I can feel it, but I don't really know quite what to do about it or how to interact with it," to the point where you subconsciously do those assessments so you don't have to actively think about it. That's the progression, and that's where we take people.

To give you an idea of the level of subconscious action or assessment that can occur, these are two examples

that happened to my wife and I. As I was teaching her these things she went from someone who had no idea to someone who can do it without thinking about it.

We were walking in a DC suburb, and I just taught her how to assess people into different categories. Threat is one, possible threat, neutral, non-threat – those are the categories that we use. So we were walking down the street on a nice sunny day and three guys passed going the other direction. I did my normal, subconscious assessment, determined they were neutral and kept on going.

I didn't even think about it. We passed, and she kind of elbowed me in the side and said, "Did you see those guys? They were definitely possible threats." I had to actually stop and think why I didn't categorize them as possible threats, and what I determined when I thought about it is she said they were because they were Mexican, and in that neighborhood there weren't a lot of Mexicans. So, I'm not saying by any means that all Mexicans are possible threats. I am saying that someone that is out of the norm is someone you need to pay attention to a little bit more.

So you're not determining if they're good or bad, you're just saying that that's not a normal person here, I need to pay attention about the possible threat. I said, "Okay, why didn't I think the same thing?" And what I realized was, two of them were holding plastic shopping bags with the name of a grocery store that I knew was a block down the road. So what I had done subconsciously was see - they're out of the ordinary, but they are limited in capability because their hands were full, and they had the right reason for being there because they had shopping bags from a store that was right down the street.

So they should be there in the neighborhood even though they normally wouldn't fit. And their ability to actually cause harm, because of their burdened status, was lower. And all of those things occurred without having a conscious thought. So that's what we do. We teach people systematically how to change the way they see the world. And it gives you a set of glasses you can put on, if the situation warrants, that allows you to look at people in the light of can they hurt me or not.

DM: That's great! So, back to the three guys, it makes me think of the concept of "cover for action" and how important it is to not stand out. Their shopping bags, in this instance, served as their cover for action. And, as you've mentioned to me before, cover for location.

If you are somewhere you need to not only have reason for being there, but reason for what you are doing there. So that's how you actually tell if someone does, or does not belong.

That's more of a further refinement of something that people will learn to do without knowing that they're doing that.

DM: Great point, Larry. So, if we assume for a second that criminals are using similar tactics of threat and target identification...maybe consciously, maybe unconsciously, what tactics can we use to slip past their radar?

There are two trains of thought here. I know from talking to you in the past that your train of thought along that is to be the gray man, to not be seen, to not be noticed. I think that there's additional thought process that takes that same philosophy and adds to it.

If you have someone that is actively scanning for targets, there's nothing you can do to become invisible. They're going to look at you and assess you. So I think a refinement of that philosophy is that you don't want to present a good target. I think you do that two ways.

One way is passive and one way is active.

Passively, you don't want to give them any reason to pick you. So you don't want to have flashy jewelry or a nice expensive watch. Another one is that in a lot of states you can open-carry, meaning carry a sidearm that can be seen. Some people argue that that's a good deterrent.

I disagree completely. I believe that by having a visible firearm you present a bigger target because you enable criminals to create a plan to take it away from you because they know where it is, and a firearm is a huge benefit to criminals, because not only does it have inherent value like money, but it can expand their capability to do more crime.

So, to me, any of those things you want to make sure you aren't doing. You don't want to present a good target or a good target of opportunity, meaning something that they would want.

Fitting in is another big one. Making sure that you don't stand out is a good way to become that gray man. One of the tricks that we would use in foreign environments is whenever I would get to a new location, outside the United States, I would go to the local store to buy complete outfits. Because your American clothes are ever going to fit in, even if you are wearing the same type of clothes.

Those are ways to present less of an obvious target of opportunity. Where I add to it is that I believe that having outward signs of confidence, meaning you want to stand out, if you segment yourself into that group of people that blend in, (kind of the gray of everyone), you want to appear to be the most confident in that group. The way that I explain confidence is, it's something that you can see and feel from across the parking lot. If you doubt it, spend some time in San Diego at the Marine Corps recruit depot.

Marines are trained in San Diego. Every six weeks another group graduates, adding about thirty 130 pound, 18 year old guys who absolutely to the core of their being, believe that they are the toughest guys in the world. You can sense that across a dark parking lot easily. And that comes from knowledge and comes from training. So the way to appear confident - I never give people

tips, like walk with your chest up or look people in the eyes. That's acting confident. The way to be confident is to have training, go through training, believe that your training is good, and test it in whatever scenarios you can set up. Then you'll truly have confidence in your abilities. And that will be easily seen by criminals. And if you don't preset a big target by being flashy and of that group of non-flashy people you look like those 18 year old Marines, you're definitely not going to be picked.

DM: That fits in almost perfectly with the force-on-force training facility that you're getting ready to open and how important that training is. You can go to the range and shoot holes in targets, but there is naturally going to be doubt in the back of your mind about whether or not you will be able to perform. When you begin using force on force training, you show your mind that you really can perform with a firearm under an elevated stress level.

LY: You have to test yourself in a realistic scenario and truly have confidence or you will always be plagued with the doubt that you're unprepared.

DM: Very impressed with your stuff Larry. I'd love to help you get it out to a lot more people.

Caches

Part II: The Issue of Theft and Loss

In my last article on Caches, we discussed some of the reasons why you might want to cache supplies in preparation for a disaster. The reasons split into a couple of major categories: To prevent theft/loss

and to help with fast and light movement.

There are a few "theft and loss" issues that I want to make you aware of and/or expand on:

Robbery & Home Invasion

According to the FBI, there are 5,000-8,000 home invasions per day in the US or 1.8-3 million per year.

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PART II: THE ISSUE OF THEFT AND LOSS

According to the NFPA, (National Fire Protection Agency) there were an average of 993 home fires in 2009 based on an annual number of 362,500.

So, you're 5-8 times more likely to experience a home invasion than a house fire. Since that's the case, it stands to reason that you should take simple, prudent steps to protect yourself in the event that you become the victim of a home invasion.

Many people, possibly including you, have taken the prudent step of buying a safe or fire safe for your firearms, precious metals, and valuable documents. This is good, but consolidating all of your most important items together makes them an easy target for thieves. And if your thief happens to have watched any of the 10,000+ videos on YouTube on SIMPLE safe cracking, your stuff isn't really secure in a safe. In reality, most household safes will only protect your stuff from dumb, drugged, and/or lazy thieves.

Also...if you're anything like me, if I ended up in a situation where I had to give up the combination to my safe to keep my wife or kids safe, I'd give it up in a heartbeat. If I thought it would keep them safe, I wouldn't hesitate for a second.

Caches take care of both of these problems...but you'll want to have caches both at your home and to have items cached away from your house, if possible.

Friends/Family/Professionals

If you're like me, you like having guests in your home. We like having friends and family over and friends for our boys to play with. We also like having professionals do work from time

to time, like carpenters, plumbers, electricians, HVAC, babysitters etc.

If you've got a house full of preparedness items, it's smart to keep people from seeing them. It's better not to be known as "the family with lots of guns", "the family with lots of food", or "the house where we're going if things get bad."

This is where caches come in....if you can figure out places to put your preparedness items where people aren't likely to see them, you've made yourself much less of a target for thieves and looters.

Leave Home With Peace Of Mind

I'm a firm believer in living life to the fullest and not becoming a prisoner to your preparedness. What I mean by that is that I believe in creating a life where you don't have so much critical and valuable "stuff" in your home that you don't feel like you can leave it and go on vacation. Remote (out of the house) caches help with this.

The idea is to have your critical items in a few locations. For instance, let's take food as an example. And let's say you've got a 12 month backup of food stored up. Instead of keeping it all in your house, one option would be to keep 4 months of it inside your house, 4 months in a cellar (if appropriate), and 4 months in a storage facility.

Keep in mind that in a "pure" cache enthusiast's mind, none of these are real caches. A real cache would require hours of digging in the woods somewhere in the middle of the night with perimeter alarms set up. I don't disagree with this, and I've had caches set up in the woods before, but realistically, I'm trying to give you ideas that you can implement and

have 100% in place within 24 hours of reading this.

If you're interested in more intricate caching techniques, please contact me by email at David@SurviveInPlace.com and I can either help you directly, use your situation (anonymously) to create a future article, or turn you on to a resource that can help you more. I've set numerous small to medium sized caches through the years, read everything in print that I know to be in existence on caching, and have several friends in intelligence and the special operations community who have relied on caches for their survival. In other words, if I can't help, I can turn you on to a person or resource who can.

Back to having your items in three (or more) locations. It DOES increase the chance that you will experience a loss... simply because of having multiple potential targets. That being said, no single loss would be catastrophic since you would only lose the contents of a single location.

Natural Disaster

I've alluded to this in the Urban Survival Newsletter, but if you live in an area that is prone to natural disasters like tornadoes, hurricanes, wildfires, flooding, earthquakes, tsunamis, etc. you could benefit from having your supplies split up so that they would be likely to survive whatever natural disasters your area is prone to.

That way, if your house gets wiped out, you wouldn't be completely wiped out.

Bank "Holidays," FDIC Takeovers, and Safe Deposit Seizures

I get a free safe deposit box with my checking account, but I don't like it.

CACHES

PART II: THE ISSUE OF THEFT AND LOSS

Why? Because I can be denied access if there is a “banking holiday.” If my bank is subject to an FDIC takeover and the assets don’t get purchased by a healthy bank, I might have a limited amount of time before my box is drilled and the contents auctioned. And, finally, recent events in California where living people living close to their bank with safe deposit boxes that were paid in advance have had their boxes drilled and the contents sold at auction without notification.

It still has a purpose, though. If you’ve got a free bank safe deposit box, it’s not a bad place to keep copies of important documents.

Caches also help with fast and light movement

This is my favorite use of caches, as well as the the application that I have the most experience with. There are two major catagories of caches that help with movement: destination caches and waypoint, or resupply, caches.

- **Destination caches** are caches that you put in place near your final destination rather than in your final destination so that your supplies won’t get wiped out. As I said last month, if you have an isolated retreat that’s normally unoccupied, caching supplies outside of the retreat will keep you from getting wiped out by someone breaking in and helping themselves. This also means you won’t have to carry as much when you’re traveling to the retreat location.
- **Waypoint/resupply caches** allow you to pre-position supplies along a path that you plan to take so that you can take off with a much lighter loadout. One example

of this was a cache that I helped set up for a friend who insisted on relocating in the event of a disaster. He lived in a populated area where the geography created vehicular choke points in every direction. He could get beyond the choke point in the direction he intended to go by going off road by motorcycle, mountain bike, or on foot.

So, what we came up with was a plan to store an older SUV in a mini-storage unit loaded with supplies beyond the choke point. This gave him several options in the event that he did decide to relocate. If he could get a vehicle through the choke point, he’d have the option of whether to take one vehicle or two once he got to the cached one.

If he couldn’t get a vehicle through the chokepoint, he could decide at any point to abandon it and box (a navigation term for taking the long route when the direct route won’t work) around the chokepoint on foot, bike, or motorcycle.

There are a couple of other applications of waypoint and destination caches that you may also be able to benefit from in the near future.

I’m a trail runner. I LOVE going on multi-hour runs in the middle of nowhere. I also like running with as little gear as possible, which creates an issue for me. I carry water, food, a survival/medical kit, pepper spray, a knife, usually a gun, and usually a satellite distress transponder.

As a side note, you probably wonder why I carry all the gear. In short, I try to run where I see one or fewer people per hour. I also happen to run in places where I’m sharing space with venomous snakes, mountain lions,

elk, moose, wild boar and even the occasional illegal grow operation, not to mention rocks, roots, and rapidly changing weather. In short, I go places where I’m more likely to get injured than running on a groomed trail, and where I’ll have to self-support until I’m able to attract help if I do get injured—because it’s unlikely that anyone will randomly find me.

One of the habits that I started doing several years ago when I was primarily running in areas with absolutely no surface water was to pick a point on a trail that I intended on running several times and hiking to it with as much water and hammer gel (energy gel packets with enough calories to sustain 30-60 minutes of exercise) as I could carry. Sometimes I’d take out an old .50 caliber ammo can with me, sometimes I’d find little crags, and sometimes I’d just put everything in some bushes. In any case, once I started doing this, I was able to run MUCH faster and lighter because I could run by my cache and top off once or even twice during a long run.

Fast forward to when I was in an area where there was surface water...I set up a very simple cache that contained a high-volume PUR water filter and some hammer gel 150 or so yards upstream from where a stream crossed a trail that I liked to run.

In another situation, a gentleman came to me with a family situation where he had two young kids and a wife who was gung-ho about primitive camping. Until you’ve been in the situation of trying to carry gear for four people plus pets on a backpacking trip, it’s hard to appreciate how difficult the logistics are. It’s definitely doable, but the combination of wanting to get away from everything and still wanting to be able to get out if

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something happens to one of the kids makes things complicated.

The solution that we came up with was to set up a backpack sized plastic bin cache. He filled it with canned and freeze dried food, and old (still very good) camping and cooking gear. At that point, they were able to hike in carrying both kids in backpacks with minimal supplies. He did take a risk by not burying the cache and instead relied solely on placement to protect it. He used natural cover, camouflage, and a remote location to protect it near an off-trail wilderness spot where they liked to camp.

Another friend of mine is in law enforcement. For some reason he lost his car key a couple of times within a short period of time. His incidents weren't this glamorous, but there had been a couple of other incidents recently where bad guys would get in a scuffle with an officer, get his keys, and run. In any case, my friend decided that he needed to get some backups in place. He decided to get several copies of his car key made and hid at least one in every park in his section of town. They were unmarked, not in any kind of container, and just looked

like a generic key, but he knew where they were and could use them if need be.

Mini, Small, and Large Caches

This example brings up an important point. The caches that we hear about on the news are BIG caches that have guns, rockets, explosives, and are measured in tons. Caches can be whatever size you need them to be. You can cache a key, a shipping container, or anything in between.

Small Caches in the Home

Caching items in your home won't limit your exposure to risk as much as caches placed far away. But being the pragmatic person that I am, I know that more people are likely to actually get an imperfect but effective cache set up in their home than will get a sophisticated rural cache set up. Specifically, I want to give you 10 places that you can find and consider using as a cache location as soon as you finish this article:

- 1. The tank of your toilet bowl for a non-metallic weapon or a box cutter in a zip-lock bag.**

- 2. Behind the kick-plate of any cabinet in your house.**
- 3. In the wall, between the studs behind any medicine cabinets you have.**
- 4. In the middle of a hollow core door, loaded from the top.**
- 5. In an AC return vent. (don't overload)**
- 6. In your attic, under insulation between studs (don't overload)**
- 7. In the concave area under heavy furniture like sofas, dressers, and cabinets.**
- 8. In the box springs of your bed.**
- 9. In the dead space between sections of kitchen cabinetry.**
- 10. In the dead space behind your dishwasher.**

In the next installment, we'll go over some specific techniques for each of these caches. Go ahead and take action before then, if at all possible.

*If you have any questions, please feel free to email me at
Lamplighter@SurviveInPlace.com.*

To find out more about Larry's course and live training, please go to TrySealedMindset.com.

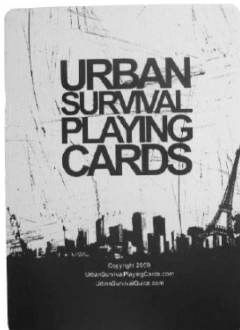
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In The Real World, Most People Don't Have A Fully Stocked Retreat They Can Escape To. Even If You've Planned Ahead And You Do, There's No Guarantee That You'll Leave In Time Or That You'll Be Able To Make It There.

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...