

Situational Survival Guide

Proven Tactics For Armed Encounters

Book Description

This handy book will be a guide for you and your family to best survive emergency situations involving hostile terrorists and you. Included will be such useful notes as self-defense against gun attacks, how to best survive being a hostage, how to handle yourself, and possible escape routes.

Remember. This is about life and death, and will prepare you for the very real possibility of a terrorist gunman.

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Introduction

With the quickly mounting tensions in the modern globe, it is not as comfortably unlikely that you, or someone you love can be involved in a shooting or hostage situation - especially if you choose to live in a metropolitan area.

Chapter 1. Common muggings & gun-related assaults.

The most likely and common of all gun-related attacks is the simple mugging. You can expect these situations to rise more steadily over the coming years since more and more people are going to be pushed to financial desperation, so be prepared to defend yourself!

Firstly, your possessions are never going to be as valuable as your life. So in all these scenarios, it is first recommended to just simply not confront the assailant if at all possible. There will always be after-the-incident routes for justice to take place that do not endanger your life.

But on the chance that you cannot escape, and your physical wellbeing is being threatened, there are techniques that have been developed and perfected by the Israeli Defense Force involving close-quarters handgun assaults and how to thwart them with your bare hands.

In such a situation, the assailant will have a gun pointed at you within arm's distance. In most scenarios the assailant is not going to be in a state that makes him or her perfectly calm and absolutely prepared to take your life with the pull of a trigger. This is what gives you, the victim, an opportunity to defend yourself, provided that the weapon is within arm's reach.

So let's paint a picture of what this kind of scenario may look like. You might have just worked late at the office and had to walk home, or taken a short-cut that just so happened to be occupied by someone who was looking for a victim to mug. This person could be someone in a desperate situation, or they could be a violent thug. But either way, they want your money, and they have a gun.

Immediately, you comply and hand over your wallet. Then your car keys. Then your phone. But you make a wrong move, or say something that triggers them. Maybe they're in a very emotional state, or drunk, or just looking to bully and dominate you. They get angry, and put their gun directly in your face and start to swear at you. This is the time to try and defend yourself; if you do not, you could very likely face physical injury or death.

Make sure you put your hands up in the “I surrender” position. This psychologically instills in the assailant the disincentive to fight or kill. It also positions your hands closer to the weapon, and gives you a good point from which to quickly move and grab the weapon.

Do not make eye contact; the eyes can contract and give a signal milliseconds in advance that you are about to try something. Instead, look away, and down if possible. Do not make eye contact-- you probably wouldn't want to with the assailant anyway.

Next, twist your torso-- your shoulders-- in the direction that moves your dominant hand towards the gun. This does two things; it's the quickest way to move, first of all, and secondly, the twisting motion moves your body out of the way of the blast of the gun, should it go off.

Use your fore-arm to strike theirs, preferably near the wrist. Then try to grab their wrist with your dominant hand, and with your other try to take hold of the barrel of the gun. Once both hands are on or near the gun, twist it so that the barrel is again pointing away from you, and pull back. The leverage that you have holding the gun from the barrel is greater than the leverage that they have holding the gun from the handle, also, the trigger-hole of the gun will probably break their finger once you twist the gun away from them.

Once you have hold of the gun, and it is pointed away from you, you can pull back to free the gun from their hand. At this point, you can either retain the gun yourself, or you can disperse it from the two of you. If you disperse with the gun, it is probably best that you immediately try to flee from that point; their hand is probably badly injured by that point, and by the time they are able to pick the gun up, aim, and fire at you, you will be well out of range hopefully.

Alternatively, if you retain the gun, you have to get distance between the assailant and you so that the situation does not turn back into a struggle for control over the firearm. From here, you should actually have stripped the gun from the assailant's hand. When you do this, they will be off balance and pulled down. Deliver a well-placed kick to the abdomen, or a knee, or

even just shove yourself into them if you feel confident it will knock them back, or knock them down.

Once you have knocked them back or down, step away, point the gun, and commandingly shout for them to get down. This is the time to call for help if possible. If it is not possible, then run. If you feel that you cannot escape, and that your life is truly threatened, then from this position you can take the assailant's life.

Loss of life-- regardless of whose life it is-- should be avoided at all times, and is an absolute last-resort method for self-defense from such an assailant and situation.

There are a few things from this that you must remember. Firstly, hands up. Secondly, don't make eye contact. Third, twist to grab. Fourth, strip. Fifth, distance. Lastly, escape.

Review these practices and keep them fresh in your mind-- but realistically, this knowledge will be useless in an actual situation unless it is practiced over and over again prior to the event. In these fight-or-flight scenarios, only muscle-memory will suffice. So either practice yourself with your close friends or family (hopefully not with a real gun), or attend a personal-defense training course and keep going. These are perishable skills, so you will constantly have to practice and review them in order to make any use of them. While they are high-maintenance, they are well worth it, should you ever be in such a situation.

Chapter 2. Commercial Robberies

Commercial Robberies can be expected to become more common as the disparity of wealth between corporations and the rest of us continues to rise, and social tensions continue to become more and more severe. Theft, such as bank robberies may become more common, and you or someone you know and care about could easily become unwillingly involved as a by-stander in one of these events.

These robberies can happen in a wide range of ways, making it important for you to keep in mind all your options, and complete awareness of each of the scenarios that can play out.

Many or most bank robberies happen without a single shot being fired, or a verbal threat being made. Usually bystanders aren't involved in these kinds of robberies at all-- in fact they might not even know that they occurred! These robberies happen when a man or person just simply walks up to a counter, and hands a threatening note to the teller. It is the official policy of most banks simply to comply with these threats, and afterwards report them. In this scenario, if you are a bystander, you are and should be just fine-- if not a little shaken up when you hear that you just witnessed a bank-robbery (assuming that you do)-- but if you are the teller. Then it's important that you just simply comply with company guidelines and don't make a scene. Mentally note any identifying characteristics of the robber and be as much help to the authorities as possible later on.

However, other forms of robbery involve lone men with fire-arms that do make threatening demands or fire shots. Usually they will not fire at you though; robbers generally are not out to mass-murder bystanders. They will demand that everyone get down. In this case, do that by laying down and complying with the robber's demands if they make any to you. Most likely they are not; if they are robbing a bank or some kind of establishment, they will probably be much more interested in that establishment than robbing you. They are worried about the time it takes to get in and get out, and spending the extra half a minute to rob the money in your wallet is probably not worth the risk to them. If they do make that mistake though, take as much of their time as possible so that they have the least chance of escape. Don't anger them too much though, or they may just kill you out of frustration. Remember that these are high-stress scenarios for everyone and people make very irrational decisions when they are under high amounts of stress. Keep cool, and cooperate. It's mostly that simple.

It is not worth it to confront any commercial robbers. That is the job of the police and the detectives. Just simply let the men in uniform do their job. Don't become a problem. Most of the time, you won't even be the only bystander. Do not make any sudden moves, do not try to run, and do not endanger yourself by calling the police on your cell-phone during a robbery. Let the robbery take place, and afterwards justice will be dealt to these criminals.

Remember that money and things are not as valuable as human life. You cannot actually 'win' in this situation anyway; they are armed, and probably have more than one person involved in the robbery, though that isn't always the case.

Making a run for it is probably the worst thing you can do in these situations. Sudden movements in general will make these already tense robbers all the more likely to shoot at someone-- maybe you. So don't run.

If you call the police at this point, you're endangering yourself because they can and probably will be very angry and aggressive towards you for this. You may be shot and killed on the spot for this-- and the call itself probably won't even help the response time for the police. The bank teller has a silent alarm which they use in these scenarios, so let them handle it.

Defending yourself is absolutely not a wise option here. If you are armed, do not make a move for your fire-arm unless you are absolutely positively 100% sure you can neutralize the whole situation without putting anyone but the robber at risk. If there is more than one criminal, absolutely DO NOT pull out a gun. Even if there is only one person, defending yourself with a gun in these scenarios can be considered illegal in and of itself in some countries and some states within the United States, so don't do it.

Trying to negotiate or talk to the robbers in this scenario also isn't a good idea, since it only makes you stick out more and you become more of an irritation to already stressed and irritated people with weapons.

A common scenario where you may be a bystander in a commercial robbery is, for example, you are at a bank waiting to deposit some cash you have earned into your account. Suddenly, from behind you, you hear a loud blast.

There is a gun man in a mask standing behind you shouting that everyone get down on the ground face down. You need to do this immediately, and try to stay out of this man's direct line of sight. However, you are right in between him and the counter. Hopefully he'll just step around or step over you.

But he does not. Instead he comes to you and demands that you give him your cash if you have any.

First, you take note of any identifying characteristics about the man. Is his hair showing, if his face is showing note his hair and eye color and roundness or narrowness of his face. If not, notice what his voice sounds like. Is it deep, or hoarse, or high-pitched even? Look at his clothes for what name-brands he might be wearing, and their color. Be able to describe this man to authorities after the incident is over.

But for right now you slowly reach for your wallet and he demands that you hurry up. So you give him your wallet a bit quicker to satisfy him. Then you lay back down. He demands cash from the teller, who empties the cash-drawers into a bag and hands it to the robber. After the man has received his money, he backs out of the store with the gun still pointed at all of you and escapes with his getaway driver. At this point, it's okay to move to try and take note of the license plate number of the vehicle they escaped through.

Other than that, stay put, and report as much as you can to the police.

So again, keep calm, keep down, and comply. Justice will happen after the fact in these scenarios.

Chapter 3. Hostage situations

Hostage situations occur when a situation escalates and demands need to be met by a terrorist or criminal and human lives are used as collateral. They are kind of uncommon these days, but they may not be so uncommon in the future due to the increase in terrorist activities and anti-government sentiments circulating around the globe. We live in a scary world these days and we can never be too sure what kinds of situations we can be caught up in without our prior knowing or even consideration of what we would do in such a situation.

These are also the most complex, and the worst scenarios to be brought into. You have very little control over what happens to you, as the primary acting bodies are the criminals and the authorities, and you are caught in the middle. However-- that doesn't mean there's absolutely nothing you can do. In fact, there is a whole range of skills you should probably have in order to navigate these situations in your favor, and potentially save lives.

These scenarios can and often will test your ability to negotiate and reason, your ability to stay cool under pressure, and your ability to physically defend yourself from violent assailants should things get very hot. There are many things to consider in these situations, like, for instance, who do you care about? Are you willing to put yourself in danger's way to protect others? Or are you just out for yourself? These are things that you have to reflect on and decide ahead of time so that you don't get confused and potentially become a liability to yourself and others in these kinds of situations. The kind of condition of your situation is going to be very dynamic in a way that what you do and say can affect the lives of others and yourself very quickly.

First up. Avoid scenarios likely to result in this. Many hostage situations actually occur with family and standoffs with the police. Make sure that your personal relationships are not invested with people who might be crazy or unstable enough to potentially harm you and other people. Aside from that, there's always the scenarios where someone just captures you and others for the sake of making demands. You could be caught in an event like a plane hijacking. Or you could be kidnapped.

The first few minutes of these situations are always the most dangerous, and they're also the most dynamic. It depends on your situation, but if you can elude capture from a kidnapping within the first few minutes, you are safely on your way to freedom. Many times though, escape is not an option, particularly if there are multiple abductors involved.

Abductions tend to happen fast. One minute you're at home or in a parking lot and the next you're in someone's trunk or something like that. Again. The most important time in an abduction is the first few minutes. It's there that you simultaneously have the highest chance of escape, and the highest chance of being killed. So be wise about your situation. Can you escape? Would work if you called for help from others that may be around? Is resisting worth it at this point?

From there, it becomes a survival-game. Luckily, most hostages are released relatively unharmed, statistically speaking. So play your cards right and the odds are actually in your favor.

After being kidnapped, or after the event of being taken hostage, you will most certainly be very on edge and worked up. Before making any moves, try to regain a level head. Clear your mind and be observant of the things that are going on. If you are being taken somewhere, be perceptive of how long you traveled, if you cross any bridges or train tracks, and how many turns you take. This will first help calm your mind, secondly it will give you important information to relay if you get a chance to communicate for help. Your location matters, a lot. Having any idea of where you are will give you context for figuring out how to get out of the situation.

From there, it becomes a diplomacy game. You are going to have some relationship with your captors, and primarily you are going to have to manage your relationship with yourself. Try to keep from being anxious or hysterical. Do not beg for anything. Keep your dignity; abductors will find it much more psychologically displeasing to harm you if you clearly communicate and signal that you have dignity and are still 'human.'

Continue observing to collect information on your captors. Get a sense for how many they are, what their intentions are, how old they are, and who they might be. Take note of what they may be armed with. Also consider what kind of emotional state they may be in. DO NOT insult or threaten your captors under any circumstances. Ultimately, and strangely, you will need to cooperate with them in order to get out of this situation unharmed; since most hostage-takers don't actually intend just to kill you. If they intended to do that, you would have never gotten to this position in the first place.

Make sure you are fully aware of yourself, too. Observe and take note of any wounds or handicaps you may now have, also take into account how much freedom of movement you have.

With these things in mind, you can surmise your surroundings much better, and thus plot a more effective escape, for when the time is right.

Next, try and figure out why you've been abducted. Was it specifically targeted towards you? Or did this group of people just need a couple hostages to make demands with? What's the motive of your captors? The better you understand this, the more clearly you can relate with them and better yet ease any tensions you have between them. If your captors feel understood, they will have much less incentive to hurt you, or be violent with you at all.

This also plays into your decision of whether or not to attempt an escape or not. If you have been abducted to be a negotiating piece between your abductors and another entity such as a government, you are most certainly worth much more to them alive than you are dead. If you have been abducted by a serial killer or a sexual predator, you are probably going to be killed. So this will give you your answer on whether or not you are going to attempt an escape yourself, or whether you are going to wait for rescue or release.

Remember to put your captor at ease as much as possible within reason. The danger while being held captive to you is by having high amounts of tension between you and the captor, so cooperate with them to an extent, and listen to him if they talk to you. Again, don't make threats or become violent towards your captors; there have been people who have been held captive for years but have walked free, mostly because they kept a positive attitude.

Try to establish some sort of dialog with your captor. If you can gain their trust, you are much less likely of being harmed by them. If you are being held over the long term, this is at least somewhat inevitable anyway, so keep in mind that you can build trust from your captor as a survival-asset for yourself.

Also ask for things from your captor. Start out small or incremental, like asking for a coat or a drink of water. This is something called the Ben Franklin effect; by asking for someone to be generous towards you, they typically will, and if they do, then they psychologically affirm that they must like you for some reason. This again just eases tension and makes both of your lives much easier. Plus, you'll get the perk of having a more comfortable time as a captive by asking them for these small clemencies. But be sure not to constantly nag them for help-- in stead space these requests out over a stretch of time that spans an appropriate distance apart from one another.

Establish an empathetic bond with your captor. Avoid potentially sensitive subjects like religion or politics-- especially if you are kidnapped by terrorists who are religiously or politically motivated. Try appealing to their sense of family, or their love of animals. If you have an animal and they also have an animal, you already have that bond. Ask them about their family if the opportunity presents itself, and try to get them to picture themselves in your position. This makes them much more likely to release you peacefully than to kill and dump you.

Be very sensitive of the signs that they intend to kill you. If they begin to act nervously, or if they are releasing other hostages but not yourself-- and especially if they begin hiding their faces and identities from you, then there is a good chance they plan on killing you. So at this time, if you are confident that they are about to kill you, go with your best escape option that you have come up with. Other than that, you have to wait it out and endure.

Keep mentally active, have as many conversations as possible, and if possible, keep physically active as well; you don't want to lose your physical ability and become unfit. These endeavors also give you something to do to pass the time, which is important. When you become impatient, you become much more likely to make a mistake. Mistakes are bad; they can easily cost you your life.

If there are other captives around, try not to stand out among the crowd, and try your best to collaborate with others in your situation. Your best odds of survival are in a group, always; no matter what the circumstances are.

Be mindful of the passage of time. You want a good scope of how long you actually have spent in captivity, rather than just how long you feel like you've been in captivity. This keeps you from becoming impatient, and it also allows you to put your captor's habits in perspective, such as when they leave, and for how long they leave you. This is essential for planning an effective escape.

Only take your escape-option when you are most confident that the time is right. Often times, you will only get one attempt at escape, and if it is not successful, your odds of survival drastically decrease.

Lastly, there's the chance of rescue. Aside from the first few minutes of your abduction, your last few minutes of rescue are the most dangerous. When being rescued, do not rush out to your rescuers, instead, stay down, and stay compliant with all their commands. If they tell you to lay down, do it. If they handcuff you or tie your hands with zip-ties, accept that and don't resist; they do this so that they can sort out who was a victim and who a criminal was afterwards. You do not want to stand out during your rescue, because it can easily be the case that your rescuers mistake you for the bad guys and accidentally shoot you! So look out for that!

Take cover when being rescued. Especially if your rescuers might use things like battering rams, or even explosives to free you; it's easy to become collateral damage, and in high-stakes hostage situations, the 'benevolent rescuers' are often willing to accept that there would be some collateral damage with their efforts to rescue hostages-- so don't put yourself in a situation where you could be such an instance of collateral damage!

So to recap, in hostage situations, first decide in the first few minutes whether it makes sense to resist and try an escape then or not. If it doesn't, comply with your captors. Be observant.

Gain their trust. Ease tensions, and covertly plot your best escape route. Only take your escape route when you feel the time is right. Be aware of the signs that they might be getting ready to kill you. Be prepared to take your best option at the best time. And in the event of rescue, do not rush out; instead stay under cover and comply completely with what the rescuers instruct.

Chapter 4. Mass Shootings

Hostage situations are one thing. Mass shootings are another. Where in abductions and robberies compliance is key, in mass shootings, action is key.

Mass shootings are thankfully very rare, but as all kinds of tensions rise, and as more and more prescription medicines and mind-altering drugs become more and more available to more and more people, it is going to become more likely that you or someone you know and care about can be caught up in a situation where a gunman is out simply to execute as many people as possible.

Sadly, there is not very much you can do to prepare for these events, as they are very, very difficult, if not impossible to spot in advance. In the extreme, you can order and wear bullet-proof clothing to wear at all times, as well as employ a security detail; but most of us aren't wealthy enough to afford that, so we must make due with the mindset to do two things: escape, or defend ourselves.

During a mass shooting, it is most advantageous to you just to scatter and run if there is one or only a few gunmen. Put as much distance between you and bullets as possible, as soon as possible. That's reasonably the best you can hope for. Beyond that, if escape is not an option, there's always confrontation.

If you live in a country that allows you to carry a weapon, you might consider doing that legally in order to have the ability to confront a mass-shooter with deadly force. If most people around were armed all the time, mass shootings would not be possible. However, this is not the case; most people don't like to carry guns around with them everywhere, but you may be an exception to that rule if you're particularly concerned about your preparedness to confront a mass-shooter.

You don't always have to have a gun or even a weapon to confront a shooter. Sometimes just something to throw can distract or disable them for precious seconds that will give you enough time to run for an exit.

In some places, such as schools or office buildings, it is the policy of the institution to lock doors and stay inside. However, evaluate this policy to determine whether it is right for you. Under the right circumstances, it could protect you from exposing yourself to a killer, or it could make you a fish in a barrel. So decide for yourself whether you are going to run or not. But keep in mind, 100% of mass shooting victims would have been saved if they were simply farther away from the killer than they were at the time.

If you do not run though, and you are armed, make sure that you focus on keeping your composure and your ability to think in these hectic situations. It does no good to be armed if you're absolutely flummoxed; that disables you from defending others or even defending yourself. So you may consider taking and maintaining a few 'crisis scenario' courses if they're available to you in your area. Also keep up with your marksmanship, as that is a very perishable skill, and handling guns at all can be dangerous or lethal if you do not know what you are doing.

So mass-shootings are the most deadly situation to be in. If you can, try to run away. But it is always wise to prepare for the worst-case scenario, where you have to stand off and defend yourself from a shooter.

Conclusion

In all these situations, it will benefit you to at least give some consideration for what you would do should you find yourself in such a crisis.

Keep safe. Be prepared. Mentally, physically, emotionally, and materially if necessary.

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