



You and your family could very easily be on your own for a week or more before help arrives.

Prepare to survive on your own for at least that long.

Take stock of the resources you already have.

You already have a number of resources at your disposal which could help you survive a terrorist attack.

Brainstorm a list of everything you own and every resource you have that you could use in an emergency situation.

You might find that you are already better prepared for an emergency than you thought.

Plan for all contingencies.

There are a number of different types of terrorist attacks.

Each type of attack calls for different survival tactics.

Make a list of the most likely types of attacks where you live, such as Biological, Nuclear, etc.

Then come up with the best plan for surviving each type of attack.

Make a list of what you need and start acquiring the resources you do not already have.

Write down the different resources you need for each survival plan you come up with, based on the most likely types of terrorist attacks you will have to deal with.

Now compare those lists, with the list you brainstormed earlier of resources you already have.

This will let you know what resources you still need to acquire.

Take action right now.

Begin to collect all the resources you need and do not yet have.

The better prepared you are, the better your chances of survival.

Today is the best day for you to start by educating yourself and taking action.

The very next terrorist attack could happen tonight.

It could happen where you live.

It could affect you and your family.

Take action before the next terrorist attack, because after the next attack it will be too late.

Educate yourself on the different types of terrorist attacks.

Learn the best ways to protect yourself against each type of attack.

Take action today to protect yourself and your family.

You will feel more secure, and your family will thank you for it.

Calvin Brown is giving away a free terrorism survival checklist to all visitors to his website. Get your free checklist now, before it is too late. [<http://www.terrorism-survival-cd.com>]

## EMERGENCY SURVIVAL KIT: WHY YOU SHOULD HAVE ONE?

Thinking back to that dreadful day in September 2001, as the world sat watching in numbness as the catastrophic events unfolded before our very eyes as the first plane found its target. The North Tower of World Trade Center. Then shortly thereafter, the second plane strikes the South Tower. We all sat and watched in total helplessness as the magnitude of the devastation became clearer. Then the Pentagon is struck and finally the courageous souls on board Flight 93 thwarted the fourth planes' attempt to target Washington DC. I believe it would be safe to say the number one question on everyone's mind was "What's next?" If the sponsors of this attack had broadened their scope of the attack to include taking out the power grid and communication centers in the United States, we could have conceivably been cast into utter pandemonium and anarchy.

Until this horrific event, US citizens enjoyed a sense of security from terrorism on such a broad scale. Aside from the 1993 car bomb attack on Tower One, there had been only seemingly isolated terrorist attacks within the United States over the past forty years. US citizens have felt isolated from the terrorist attacks that have ravaged much of the rest of the world for decades.

Apart from terrorism, natural and pandemic disasters have claimed more lives around the world than all the wars and terrorist acts combined. Tens of millions of people have been affected by hurricanes, floods, tornadoes, volcanoes, wildfires, earthquakes, tsunamis and pandemic disease.

Which brings me to my point.

Having worked within two sectors of public safety, the Department of Forestry and Fire Protection and the Department of Emergency Management. I have first hand knowledge of just what happens when an emergent regional disaster event takes place and the effects that they produce. The single most significant factor that separates a victim, barring serious injury, that's incapable helping themselves and has no means of sustainability and the potential heroes that have prepared themselves and can render assistance to those around them, is the preparation that took place prior to the event. Emergency Survival Preparation.

This single factor could insure you and people around you at the time of the event, the best leverage to surviving and the ability to sustain a prolonged absence of the ability to attain food, shelter, water and first aid by traditional means.

There are many forms of preparation to be considered. You should first assess the potential regional threats and the probability of an event transpiring from that threat. Categorize the threats on a 1-5 scale. 5 being the most likely to take place. Your home preparation and portable kits should be focused on what you will need to ensure your safety and sustainability during and after these events. An emergency contingency plan should be prepared and rehearsed regularly. If you have pets, they need to be included in all your preparations and plans. You also need to realize that you may not be at home when an event happens. Keep supplies and kits in separate locations in case one or more resource is unreachable. Take courses in first aid and rescue techniques you may need them.

Above all, stay as calm as possible during and after an event. This helps you think more rational and helps others around you with having a sense of stability.

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## COMMON MISTAKES IN COMBAT ARMS SURVIVAL

The modern world is not only in danger because of natural and man-made disasters. But it also faces another threat - a more imminent threat. This danger is the threat of terrorism.

Under the constant threat of terrorism, whenever a homeowner leaves his home, he isn't absolutely sure whether he'll return back alive or not. Such is the effect of terrorism and combat arms. So the most important step to take in such situation is to consult an urban survival manual and be prepared for any threats that may arise.

Instead of being ignorant and careless, one must be alert to the possible disasters such as combat arms. It's usually better to be prepared for such emergencies than to commit mistakes and lose one's life in the process.

An urban survival manual gives a good picture of the past combat arms and other armed conflicts. You can really benefit from the manual as it can provide you a set of do's and don'ts for a particular situation.

The most common mistake committed by people in combat arms is that they often panic. This makes the situation even worse and things could get out of control. You must remain calm and maintain a proper state of mind. So you can think of the best ways to get out of a life threatening situation. Bear in mind that not losing one's composure most likely helps the survivalist to escape unharmed.

Another mistake that makes the combat arms situation dangerous is that people tend to face up to the men with arms. You must always remember not to challenge or agitate men carrying firearms. You must try to behave in a

smart and conciliatory way. If you irritate or instigate these men, then they might take action against you.

Even if you're safe and your life isn't at risk, by behaving in an inappropriate and improper manner can put your life in danger and lose it in a matter of moments. According to urban survival manual, instead of taking everything in your hands; you should try to seek the help of trained organization of rescuers to help you out during combat arms.

The urban survival manual also suggests that you must make sure to keep your house dark in times of conflict. For this purpose, you can use dark curtains or black paper to cover the windows. You also need to keep your lights off.

Another mistake often committed by people in times of crisis and conflict is that they don't keep a survival kit ready and handy. It should be accessible to every household to be used at a moment's notice.

Learning to avoid making these mistakes during combat arms survival will ensure the safety and well-being of you and your family.

## REALITY-BASED PERSONAL PROTECTION BY JIM WAGNER

I have enjoyed Jim Wagner's "High Risk" column in "Black Belt" magazine, so I was looking forward to reading his book, "Reality-Based Personal Protection." Despite "Jim Wagner Reality-Based Personal Protection" being a bit over used throughout the text, I found this book to contain a lot of useful information for the person wanting to know more about protecting or defending themselves. It is a good addition to any self-defense library.

The author discusses his own traditional martial art background as part of the genesis of his system, but then spends a lot of time stating how his system is better than those traditional arts. I will agree with Wagner to a point. It really depends on why a person is training, and who the instructor is.

Yes, I am familiar with some "traditional" schools that have black belt students that would not fare well in an actual fight. I also know "traditional" instructors that have students that will hold their own with any training out there. So it just depends. I do believe if all you want to know is how to fight or defend yourself, training such as Wagner's program, or that such as Kelly McCann teaches (McCann is one of my favorite instructors) focuses on that one thing, defending yourself.

Many martial art programs have different focuses, and therefore they have other benefits besides just learning to fight. Again, it depends on the goals of training.

With that said, let's look at Wagner's book. At the beginning he provides some background and

history of his work and training. Some of this I knew, some I was not familiar with. Wagner does have an impressive resume.

Chapter One: Knowledge Domain: The Foundation of the System. This chapter discusses why reality-based training is superior for self-defense needs, and also covers important topics such as the OODA loop; legal concepts such as means, opportunity, and intent; use-of-force; conflict stress, and other important considerations for training. This chapter has some very good information.

Chapter Two: Defensive Tactics: Unarmed Conflict. This is a very basic chapter with a little text on directions, arm strikes, arm blocks, leg strikes, and leg blocks. There are photographs illustrating some of these.

There is not a lot in this chapter, and though some basics are shown, most people will want other resources to teach actual fighting techniques. Techniques are hard enough to learn without an instructor, but this text is not primarily a technique book, so you will need more resources or training. It is good to show some of the basics that are most useful in real situations.

Chapter Three: Ground Survival: Using The Ground Tactically. I'm glad that Wagner started the chapter saying the ground is the last place you want to be. In real fights, you don't want to be down, but unfortunately, you will sometimes find yourself there.

Wagner does provide some useful information regarding being on the ground, and the text contains numerous photographs illustrating

different training exercises to help you prepare for the street. Not bad to have a little extra information about practical ground fighting.

Chapter Four: Knife Survival: Usage And Defense. Besides the fact that I disagree with the statement "expect to get cut," or "you will get cut" regarding knife fighting, I found some useful practical information in this chapter. I have trained in the grab, close, takedown, and escape disarm drill and find it very practical for facing a knife unarmed. I have taught this drill, and think it is one of the best parts of this chapter.

Chapter Five: Crime Survival: Common Criminal Attacks. This was a good chapter because Wagner wrote about some things you don't see in many self-defense texts. Some were not new, but liked that he included: Counter-surveillance, situational awareness, legalities of pre-emptive strikes, other legal parameters, training, conflict language, teamwork, and counter-ambush tactics.

He also included some practical drill such as thinking like a criminal, and walking the gauntlet. The short bit on first aid should prompt people to get training, and the section on citizen's arrest was useful and something I don't remember seeing in other self-defense books. He also includes some advice for dealing with the police and some information regarding biochemical defense.

The final part of the chapter before photographs dealt with courtroom and attorney information. Very basic, but I do agree with Wagner that those of us that teach self-defense and martial arts should include teaching about the legal aspects of defending oneself.

Chapter Six: Terrorism Survival: Armed Attacks To Weapons Of Mass Destruction. In today's world,

terrorism is a fact, and the possibility of being a victim of a terrorist attack, while slim for most, is a possibility. Wagner provides some basics to help a person if they ever find themselves in that situation. However, without training for this, just reading a book most likely won't help you much. There are other resources out there for terrorist threats, but this chapter does provide some useful advice.

Chapter Seven: Handgun Survival: Weapon Handling And Tactics. This short chapter has some basics for using a handgun for self-defense. Wagner advocates using air guns for training, and much of this chapter focuses on drills you can use with an air gun for practical training. You will need more training and instruction than this chapter provides, but you can say that about any resource. The chapter does provide some good safety advice and elements you should incorporate into your handgun training.

Chapter Eight: Women's Survival: Violence And Counterattacks. This is a very introductory chapter on issues women may face. There are much more complete references on both rape recovery and rape prevention as well as home security. (Wagner includes two pages of bullet points on home security tips) It's not bad advice, and he does provide some useful information and tips, it's just as complete as other sources.

In summary, this book contains a lot of useful information and practical drills for anyone interested in self-defense or personal protection. It is a good addition to one's martial art or self-defense library, and I would encourage people to not just read the text, but to actually incorporate the drills and advice into their training. Protecting yourself is up to you, and this book is a good resource

to help you do just that.

Alain Burrese, J.D. is a performance and personal development expert who teaches how to live, take action, and get things done through the Warrior's Edge. Alain combines his military, martial art, and Asian experiences with his business, law, and conflict resolution education into a powerful way of living with balance, honor, and integrity.

He teaches how to use the Warrior's Edge to Take Action and Achieve Remarkable Results. Alain is the author of *Hard-Won Wisdom From The School Of Hard Knocks*, the DVDs *Hapkido Hoshinsul*, *Streetfighting Essentials*, *Hapkido Cane*, the *Lock On Joint Locking* series, and numerous articles and reviews. You can read more articles, over 100 reviews, and see clips of his DVDs as well as much more at <http://www.burrese.com>.

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### Chicken Stir-Fried Ramen Recipe

*Start with an inexpensive package of ramen noodle soup mix and end up with something close to gourmet! Recipe is easily multiplied. Use leftover cooked **chicken** or rotisserie chicken for even more flavour. Try seafood flavours with canned **tuna** or **shrimp** for a change of pace. The vegetables may be varied according to what you have on hand, including leftovers.*

*Prep Time: 10 minutes*

*Cook Time: 15 minutes*

*Total Time: 25 minutes*

### Ingredients:

- 1 (3-ounce) package chicken flavor ramen soup mix
- 1/2 cup chopped onion
- 1/4 cup sliced hearts of palm
- 1-1/2 Tablespoons olive oil
- 1 can cooked chunk **chicken**, drained
- 1/4 cup frozen baby sweet peas or mixed vegetables (you may also use canned)
- **Parmesan cheese**
- Chopped parsley for

### garnish Preparation:

*Cook the ramen noodles separately according to package directions, reserving the flavouring packet for use below. Drain and keep warm. If you use frozen peas or vegetables, you can cook them in with the noodles.*

*While cooking the noodles, sauté the onion and hearts of palm in a large frying pan until onion is soft. Add drained chicken chunks and heat until warmed through, taking care not to shred the chicken chunks. Stir in the contents of the ramen soup flavouring packet, and combine until mixed. Add the cooked, drained ramen noodles and peas. Toss until coated. Turn onto plates and top with grated Parmesan cheese and parsley.*

*Yield: 2 servings*