

EXTREME

HOME DEFENSE TACTICS

Extreme Survival Series



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Driven by a passion for martial arts from a very young age, I began my training at the age of 13 in the kung fu style of Pangai-Noon.

Although a "kung fu" style, my instructor, Ron LeBlanc, was very much a practical fighter and focused on the reality of applying the style to the street.

Over the years, I have learned many styles of martial arts (and even did a short stint as a Guardian Angel in NY!) but it was a barroom fight that made me realize that if I was ever going to learn how to defend myself under extreme circumstances, I was going to have to let go of some of the constricting "rules" I had been training under.

My quest for the ultimate street fighting system began with 10 years of military service and an endless stream of formal and informal teachers mixed with the occasional bar fight (if by 2am, a drunken GI doesn't think he's leaving with a date...that usually means it's time to get in a fight!).

This path has lasted my entire life and has been vastly enhanced by my professional career in the security field as an officer, bodyguard, and Senior Vice President of a national security organization.

Throughout my training in various fighting systems, I discovered that there are a LOT of great fighters and trainers who REALLY know the in's and out's of practical self defense.

So I began networking with the world's top "reality-based" instructors to create an organization that could offer their best training in an online environment.

The result was creation of a one-of-a-kind member-based organization called the **New Word Patriot Alliance (NWPA)**, focused on providing REAL training that would allow every-day "average" men and women to defend themselves in even the most violent encounters and survival scenarios.

It is my sincere hope that you have found the information in this manual of great benefit. It is just a sample of the training our fast-growing organization can provide you with in the future.

Train hard, stay safe... prepare now!

MOTHER, TWO DAUGHTERS RAPED BEFORE THEIR DEATHS; FATHER TIED UP — HELPLESS!

CHESHIRE, Conn., July 25, 2007 (CBS/AP) The two men accused of a brutal Connecticut home invasion may not have had violent crimes in their long lists of prior convictions, but sources tell local newspapers the pair's record changed when they invaded the home of a prominent doctor early Monday morning.

"This is everyone's worst nightmare,"

Lt. Jay Markella, Cheshire police spokesman, told the Waterbury newspaper.

"It's by far the worst thing any of us have ever seen."



Joshua Komisarjevsky, 26, of Cheshire, and Steven Hayes, 44, of Winsted, were arraigned Tuesday on charges of assault, sexual assault, kidnapping, burglary, robbery, arson, larceny and risk of injury to children.

More charges are pending, state police said Tuesday night. The two men could face the death penalty.

Prosecutor Michael Dearington said he had not yet decided whether to pursue the death penalty.

"I know the public consensus is they should be fried tomorrow," he said.

The state medical examiner confirmed that Jennifer Hawke-Petit, 48, was

strangled and that her daughters, 17-year-old Hayley and 11-year-old Michaela, died of smoke inhalation.

The deaths were ruled homicides.

The girls' father, Dr. William Petit Jr., a prominent endocrinologist, remained hospitalized with head injuries.

All three women were raped, sources familiar with the investigation told both the Waterbury Republican-American and Hartford Courant.

Petit was beaten with a baseball bat, thrown down the basement stairs, and then tied up in the cellar.

The girls, sources told the Courant, **were tied to their beds and raped repeatedly, then left to burn after gasoline was poured around their beds and ignited.**

The suspects entered the Petits' Cheshire home at about 3 a.m. Monday, planning to burglarize it, state police said.

Sources familiar with the investigation tell the Republican-American that Hawke-Petit and Michaela were followed home from a supermarket Sunday by the suspects.

The men then went to a Wal-Mart to buy an air rifle and a rope, and then waited about a mile-and-a-half away

State officials are re-examining their parole policies, but Robert Farr, chairman of the Connecticut Board of Pardons and Parole, said the task would be difficult because neither suspect had a history of violent crimes.

"That's why this is sort of shocking — because it doesn't fit a normal mode," Farr said.

Petit remained hospitalized Wednesday.

"He's doing OK physically. Emotionally he is devastated and still worried about others," said Petit's pastor, the Rev. Stephen Volpe.

He told **CBS affiliate WFSB-TV** the Pettits were a strong and giving family.

"I'm thinking of the father. I can't imagine what he has to come back to," neighbor Linda Layman told **CBS News** . "Nobody should have to go through that. It's very devastating. It's just horrible."

DO YOU WANT THIS TO HAPPEN TO YOUR FAMILY?

There's a knock on the door.

You look up from your evening newspaper, wondering who might be there.

You open the door, curious, when a man holding a machete shoves you to the floor.

He and three of his friends file in, and the look in their eyes tells you that you have made a terrible mistake.

Just then, in the darkness of the hallway, you hear the faint, sleepy voice of your small daughter...

"Daddy? I heard a noise."

You glance back at the men who've also heard her...and are headed her way!

Will you be killed...or tied up and left helpless on the floor to watch your family being brutalized?

While the reality of a home invasion may not be quite that dramatic, it is no less traumatizing to those whose homes are violated.

The concept goes to the very heart of our fears as citizens with families and homes: that violence and crime, which we try so hard to avoid, could come calling at the place where we are most vulnerable and where we *should* feel most safe.

It is a FACT that home invasion is one of the most dangerous and unpredictable crimes you can face.

A home invasion is a crime in which an individual or individuals enter a home while there are still people inside that home.

(Breaking into an empty home is generally considered a burglary only, though these are common uses of the terms and not legal definitions.)

Most often, theft is NOT the only intent of the criminals who are bold enough to enter a home while its occupants are still there.

If someone wants your television, they don't want any witnesses.

All they want is to get in...get the TV...and get out without anyone noticing them.

You see...they don't have any large screen HDTV's in jail cells and you don't get to choose the channel you want to watch unless you're 6'8" tall and 350 lbs!

No...the traditional home burglar, 99% of the time, will break in while you and your family are away from the house, away on vacation or at work.

The one exception can occur when a burglar is already in your home and you happen to come home, catching them in the act.

This unexpected surprise can also have dreaded consequences, as you'll soon see.

Much as it bothers us to consider, home invasions *do* happen.

Sometimes those doing the breaking and entering are known to the occupants, such as the sorts of crimes that occur in drug-saturated, crime-infested neighborhoods.

Other times, however, the invaders are unknown strangers, who have targeted the home because they know there are people or things inside its walls that they *want*.

Whether they want money, they want property, or they wish to rape your wife or daughters (or all of these things), home invaders are the most fearsome of all criminals because they are not criminals of opportunity.

They do not simply see something conveniently vulnerable and take it; they actually create *opportunity* by breaking into a home while the occupants are inside.

There are different kinds of home invaders, too.

There are simple thieves, who want the valuables in your home and don't care if you get in the way while they steal them because they don't have the patience or planning ability of burglars.

There are also *thrill killers*, groups of thugs who find assault and even murder sexually gratifying or otherwise pleasurable.

Those with money and other expensive property are the likely targets of thieves, but just about anyone could fall under the scrutiny of those who invade homes for the thrill of it.

HOME INVASION VERSUS HOME BURGLARY

Besides the propensity for domination and violence that turns home invaders on, there are some other attractive qualities “revenue-wise” compared with a traditional home burglary.

While many homes now have alarm systems installed that reduce the amount of time a burglar can spend looking for valuables, home invaders don't have to worry about a loud alarm going off or having to contend with disabling an alarm in time.

Alarm systems are typically disabled while a family is home...even when a family is sleeping

(Although systems have an option for setting inside sensors while families are sleeping, everyone has had the occasion to trip it off in the middle of the night when you go out to grab a glass of water. As a result, most people don't even use this option in the evening.)

Unless a home has been thoroughly cased prior to an invasion (oftentimes a burglar – or home invader for that matter – has already been to your house as a delivery person or posing as a public works employee), finding the “good stuff” can be a veritable scavenger hunt that can be pretty frustrating for a traditional residential burglar.

Time is of the essence and with the danger of having the residents return home, a neighbor spotting them, or a keen-eyed police officer spotting “something not quite right”, a burglar may end up with very little to show for his efforts.

A home invader, on the other hand, can intimidate his way into you giving up your ATM card (with PIN), all your valuables, and your car (to get away with all of the valuables of course)...and take his time doing it!

It’s also not uncommon for one invader to take one family member with him to the ATM machine with the threat of harm to the rest of the family tied up at home “unless that PIN number is correct”!

GOING DEEPER INTO THE MIND OF THE “HOME INVADER”

Interviews with convicted home invaders reveal a mindset much different than that of the petty thief.

“Covert” residential burglars seek out the greatest reward with the least amount of risk of being caught or even being seen.

They may watch a house or number of houses for weeks or even months waiting for the right opportunity when you’re not at home.

In and out...and off to “fence” the merchandise!

Home invaders, on the other hand, tend to be more aggressive in nature and may actually seek out the thrill of abusing or intimidating a resident or family as they commit their crime.

Oftentimes, it may even be pulled off as initiation for a new gang member who’s required to prove his mettle by taking part in a home invasion.



Torture, rape, and killing may be on the list of “qualifications” for entry into the “family” and the victims are often the most innocent of us who are chosen because of contrasting class status.

In other words, you and I are often seen as “privileged” and deserve to be put back in our place by those who feel they are scorned for being less fortunate or societal outcasts.

In any case, the lesson here is that home invasions often have absolutely nothing to do with theft at all.

The ability to instill fear into the family home invaders have taken control of is value enough.

Dominance is a drug and it opens up the door to elevated levels of violence such as rape and torture.

In fact, besides gang members, many home invaders are rapists and pedophiles since both of these classifications are rooted in establishing control over the victim.

Unlike the calculated burglar who will enter a home when no one is there in order to steal, the home invader is sick and demented – truly on a different level of mental stability that neither you nor I can fully identify with.

And sickness like this makes people do strange things that are only limited by imagination.

And herein lies one of the most dangerous aspects of a home invasion...

...because once inside your home and in full control, it's an opportunity for the home invader, who is often curious about his (or her!) own odd tendencies, to “experiment” with that control.

In fact, it's not uncommon for home owners to take several days to torture the home owners in various new ways for “fun” simply because they can.

You must know that with these types of sick and perverted individuals, the outcome is likely death for those who live in the home...

...and most likely a long, slow, painful death.

I'm sorry to be so blunt, but it's important that you fully understand what you're up against because the mind of the home invader is so very different than the common thief or criminal.

And particularly at risk are single women living alone, the disabled, and the elderly simply because they are easier targets...

...and easier to control and intimidate!

However, following closely behind is a family with children because nearly all parents will roll over and beg for mercy to avoid the prospect of their spouse or children being hurt.

The bottom line is that no one is exempt from attack. NO ONE!

Just as serial killers and rapists may have certain signatures they look for in their victims, home invaders are very conscious of what they look for in their victims be they residents of a suburban neighborhood where home owners are overconfident with their safety or rural communities where there's very little chance of being seen or interrupted during their attack.

However, by taking part in this program, you've taken an important step in diffusing a potential attack where you and your family are targeted as victims.

Around 500 B.C., General Sun Tzu wrote in "The Art Of War", *"If you know the enemy and know yourself, you need not fear the results of a hundred battles."*

Likewise, if you know how home invaders think and attack and know how you'll react to thwart their plans and turn the tables on them so THEY are the ones fearing for their life, then you need not fear.

We know their motives.

Now let's take a closer look at their game plan...

THE HOME INVADER'S GAME PLAN

Think for a moment about how easy it is to get people to open their door for you.

"I have a delivery I need you to sign for."

"I'm really sorry. I just backed into your car on the street."

"I just hit a dog in front of your house and I'm trying to locate the owner."

The truth is that 90% of the homes out there are easy picking for someone with the right story and an "honest face".

In fact, consider the many reasons the odds are stacked against the common "Average Joe/Jane" who don't understand the very real threat that predatory home invaders pose:

- Home invaders often work with one or more other partners and may be operating as part of a gang to overwhelm you with multiple attackers.
- Most likely, you've been watched beforehand and your schedule, work times, home habits, etc. are already known and waiting to be exploited.
- You can bet your ass they will be armed.
- Resistance and escape are challenges that are handled by home invaders equipping themselves with rope, handcuffs, and/or duct tape (all of which we'll address in another section of this book).
- Unless you have early warning devices, the element of surprise is typically in their favor. All they need is a crack in the door and they have all the opportunity they need to simply bust through.

In other words, home invaders don't like to take chances because their ultimate goal is take total control to carry out whatever sadistic plan they may have in store for you and your loved ones.

And this control starts the moment they're able to infiltrate your most sacred of spaces: your doorstep.



First Strike

The home invader's very first move is to rely on extreme violence in their initial entry, taking advantage of the element of surprise before you can collect your thoughts enough to decide to fight back.

They will likely viciously strike the first person within reach to quickly take control and show their dominance.

No warning...no mercy...their success lies with you recognizing that they own you and that you'd damn well better do anything they tell you or you'll experience pain and suffering.

Home invaders know that at some point, especially if you're a man, you're going to try to fight back.

That's simply NOT an option in the mind of those who have taken over your home so they know they must quickly remove any opportunity you may have to become a problem.

If they can overpower you, either because they're bigger, outnumber you or have a weapon that can be used to injure you to the point of incapacitation, this is the most likely action because the adrenaline that's flowing from the initial stages of their entry and assault will spill over.

However, the more calculated criminal or someone who realizes that they are not your equal in size and strength could resort to using your love for family members to their advantage.

A knife to the throat of your spouse or child is all that's required to intimidate you to do whatever the home invaders says.

In nearly all cases, this is extremely effective!

Restrain You

Most of the time, whether it's while you're beaten and incapacitated or complying with a threat to a loved one taken hostage, you're going to be restrained in some way to reduce the chances of a counter attack or escape.

You may be tied up, handcuffed, duct taped or secured with plastic "zip ties" and possibly gagged to avoid screaming.

Realize this...after you've been immobilized by restraints, you're now at the mercy of your attackers...no matter WHAT they want to do!

We'll discuss this more later in this manual.

Secure Your Home

Once you and your family are restrained, the invader(s) will make sure to eliminate any opportunity to be disturbed by friendly neighbors who like to drop in without knocking to borrow a cup of sugar or others who may have an open invitation to enter the house unannounced such as another family member, housekeeper or nanny.

They'll travel through your home to quickly lock doors, draw curtains and shades to avoid being seen.

This also ensures that you're unable to see outside where you may notice someone coming to the door or walking by (such as the mail carrier) who you would try to signal to get help.

Assess Your Home For “Operations”

Once the home has been secured and the home invader has determined that he/they haven't been detected, it's time to get down to business.

While traveling through your home, an assessment will be made to determine the best rooms for whatever the criminals want to do next.

If it's simply for theft, it may simply mean a closet or room where you can be kept while they load up a car or truck.

But in a home invasion, this is actually a “best case” scenario...and unfortunately, NOT very likely!

In most cases, what they're looking for is a quiet room where you and/or your loved ones can be easily restrained and no one will hear them scream as they're being raped or tortured..

Where is that in YOUR home?

It's important that you know which rooms you're most vulnerable in as we get into how to properly prepare for the possibility of attack so begin to do your own assessment of where YOU would secure your family if you were a violent and cunning criminal.

Most importantly, which rooms are best for securing and torture?

Most likely this will be an area where screams can't be heard, such as a basement or closet...

...and these are the areas you'll want to focus on in hiding weapons and escape tools.

Rifle Through Your Belongings

Even the home invader seeking a thrill and the satisfaction of controlling and intimidating a family isn't averse to seeing if there are any cash and valuables they can take away with them.

Of course, they may simply frisk you for your wallet or ask you where you keep valuables, they'll also likely go through at least the most common storage places for wallets, purses and money to see what else is available.

This includes places like hallway credenza drawers, desks, and bedside tables.

And herein lies a hidden danger that few couples consider...

What do you think goes through the mind of a predator cranked up on adrenaline (and possibly drugs) when he comes across any sexual toys or pornographic magazines or DVD's you and your spouse have stashed in the most accessible area next to your bed.

Even if sex wasn't originally the intent of the invasion, the mental image of you and your spouse in the throes of passion with kinky toys triggers a hormonal response as does flipping through the latest issue of "Hustler" you may have hidden in your desk drawer.

Testosterone is a dangerous hormone when combined with the realization that your home is secured, you're restrained with no way to fight back, and he (and those who accompany him) have time to enjoy "playing" with your wife without interruption.

In fact, even those not necessarily sexual deviants or rapists may justify going to that level because they feel your spouse is "kinky" and may actually even enjoy being raped.

That may seem like a far, disgusting stretch to you, but remember that YOU don't think like the societal predator and the lines of right and wrong are much blurrier in their mind to begin with.

Add to that, sexual arousal and you have a very dangerous concoction.

So if you do possess any sexual novelties or pornographic material, make sure they are well hidden in an inconspicuous location where they won't be discovered.

SO... HOW DO YOU FEEL?

Do you have that knot in your stomach thinking about what you would do if you were in that situation?

Have you imagined yourself bound and gagged while two psychopaths have your loved ones in another room, their screams for help going unanswered because you're tied up and unable to stop their torture and abuse?

Most people don't like to think that a scenario like this could happen to them...and I don't blame them.

Frankly, it scares the SHIT out of me!

And the truth is that it's not *likely* to happen to you...although it absolutely CAN!

Take me, for example...

I live in a peaceful little neighborhood in the northern suburbs of Chicago.

Although the city of Chicago itself certainly has its share of gang bangers and crime, the town where I live is one where I've forgotten on a few occasions to close my garage door at night and everything was still in its place the next morning.

Yet just months prior to the writing of this book, a local priest and his twenty-something daughter were brutally stabbed to death in their own living room...the result of a home invasion...just 5 blocks from my house!

And just 4 years ago, in a neighborhood right next to mine (where the average house is worth close to \$1 million), a mother was slain in her driveway by a stranger with a machete (of all things) while her 9 year old daughter was able to escape.

These are REAL stories...about REAL people who were the victims of a brutally violent crime...in areas where you would NEVER expect these types of murders to happen!

I don't tell you these stories to scare you (well, other than to scare you into action).

No one wants to live their life in paranoia and fear.

In fact, fear can be nearly as debilitating as the crimes you're trying to prevent from happening in the first place.

Who wants to continually feel like someone is staring into your home or that every time the front doorbell rings, it's a prison escapee coming to rape your spouse, right?

No, it's not about "fear"...it's about ERADICATING fear by knowing deep down EXACTLY what you would do if you were attacked.

THAT is how you deal with paranoia and fear...and THAT is exactly what we're doing here!

The fact is that crime doesn't discriminate and preparing for the possibility of a home invasion NOW could save your life or and the life of your loved ones later.

The good news is that simply THINKING about what you would do will go a long way toward making the right decisions should you ever be faced with such a vicious crime.

There are some things you need to ask yourself to begin preparing now for any crime that could happen in the future:

HOME INVASION: WHAT YOU MUST ASK YOURSELF

The absolute best way to survive a home invasion is to take the proper preventive steps to avoid one in the first place.

That's kind of obvious, I know, but the unfortunate reality is that all but a select few people (such as those who have already been a victim of a crime at some point) walk around thinking the best of everyone and that nothing will happen to them.

Don't get caught in this "won't happen to me" trap!

It can get you killed!

The first thing to consider is the physical security of your home.

There are some very basic things you should analyze in order to make your house a "stronghold" from which you can defend if you need to.

Overall, the best approach is to get a professional security consultant that can do an audit of your home and property and make the necessary recommendations for better securing the premises.

Now, I'm not talking about your local alarm company.

While they are very skilled at putting together a plan for where to place sensors and your alarm key pad, what I'm talking about is someone who can also include other environmental factors in their plan such as local crime statistics, landscaping, the physical structure of your home, etc.

While this may be a bit more expensive than the "free" visit an alarm company may make, it will provide you with a much more thorough plan for fortifying your home against crime.

Perhaps to get you thinking in the direction a consultant may lead you, the best "first step" is to plan your own break-in.

When evaluating the danger presented to you, your home, and your family by the prospect of home invasion, you need to ask yourself the following questions:

Do you answer the door with no means of determining who is outside (such as looking through a peephole)?

If you have no means of checking who's at your door, you should install one.

A simple peephole will do, but a closed-circuit camera is even better.

Be aware that a truly determined criminal may disguise himself or have accomplices out of sight somewhere when presenting himself at your door.

If you're not expecting company and there is no plausible reason to admit a visitor, don't.

Generally, no one should be showing up at your door asking for entry if you did not invite them.

That includes utility workers, poll takers, and even children (who are sometimes used as decoys to gain access to your home).

The exception would be law enforcement officers, but criminals sometimes impersonate them as well.

Demand to see credentials and a warrant, should someone claiming to be the police come calling.

In addition, when answering your door to someone who is unknown to you but may have a legitimate need, you must have a way to stop the door from being forced all the way open if it does turn out to be an attack.

A metal "storm door" or security door that's locked is a good alternative and better than a security chain that are often flimsy and easy to bust through with enough force.

Do you keep your doors locked at all times?

No matter how safe you feel in your home, there is absolutely no excuse not to lock your doors.

This is the simplest form of personal security when in the home: *Lock your doors!*

Don't put extra keys in obvious places either, such as in your mailbox, under a mat, in a fake rock or piece of dog doo, or in any of several other places that are the first locations an experienced criminal will check.

You can't afford to let a home invader just walk into your home.

Do you keep weaponry accessible, or on your person?

While it is inadvisable to keep weapons unsecured in the home (especially if you have children), you should have weapons of self-defense available if you can keep them locked up in a way that facilitates quick retrieval.

A pushbutton safe with a handgun in it, for example, keeps your children's hands off the weapon but keeps the gun where you can get it should you need it.

Varieties of such safes are available on the market and can be mounted in discrete but handy places in the home.

The important thing is that there's a weapon that you can get to very quickly if needed.

If you carry a weapon on your person, it's not unreasonable to have that weapon on you (but not brandished) when you answer the door for an unknown visitor.

But here's the reality...

Even if you're armed to the teeth, the element of surprise belongs to the person who is waiting outside your door when you open it.

If a home invader is able to burst past your door, the chances of you being able to get to your gun are going to be tough even if that gun is carried on your person because you'll be locked in hand-to-hand combat.

Of course, you could simply not open the door to anyone, right?

But you may be surprised to hear that I actually WANT to open the door to a home invader!

Let me explain...

If someone plans on busting through my front door, I'm going to give them just enough opportunity to show me their cards...and then make them pay for it.

You see, when I answer the door to someone who I don't recognize but may have a legitimate reason for me to open up, I crack the door open about 8 inches or so.

If it's something I need to sign or sign for, it's easy enough for this person to slip a clipboard through to me.

But if that person tries to charge my door thinking I'm just going to go flying backwards while they stomp on my head, what they would find is that the door doesn't budge...

...thanks to a \$.79 rubber door stopper you can pick up at even the local grocery store!



Should the home invader try to charge the door, my stopper will hold him back and even if I'm taken by surprise, I have all the time I need to compose myself and get to my weapon while signaling my family to spring to action.



In fact, the stopper I use actually doubles as an alarm and can be picked up for just a little bit more money so that while the door is stopped from opening, a loud alarm is triggered at the same time.

If the home invader doesn't hear the slide being pulled back on my handgun, it's probably because of the 120 decibel screeching that is warning my family as well as all of my neighbors to react.

At that point, the advantage is now mine as he either runs away out of panic or is stupid enough to continue to barge through where I wait with a loaded gun and the police on the way.

Do you have a local or linked security system?

A local alarm MIGHT deter common thieves.

This is a simple noisemaker that goes off in the home when someone trips a sensor, such as by breaking a window or busting a door lock.

For real home invasion security, however, and if you can afford it, get a security system from a 24-hour monitoring company.

These types of systems will call your home in the event of being tripped in order to verify that everything is ok, but some services and devices are also able to listen in on your home for the telltale sounds of crime or break-in.

Personally, I don't like the prospect of some company having the ability to listen in on my home at will and I find the feature of a confirmation phone call enough.

If I don't answer the phone because I'm locked in combat, the monitoring company will dispatch assistance right away.

FROM THE HOME INVADER'S PERSPECTIVE

Ok, now it's time to go through your security plan again but this time from the OUTSIDE.

Stand at the curb of the road outside your home and take a look at your property and the house itself.

What do you see?

No...what do you REALLY see?!

You need to THINK like a criminal to DEFEAT a criminal.

How would YOU break into your home?

- Is there a large bush in front of your front door that provides enough concealment for a home invader to bust through without much of a chance of being seen from the street?

(I've seen homes where those "small bushes" that were planted several years ago were left to grow so large that you couldn't even see the front door from anywhere outside the property!)

- Is your entranceway well lit at night?
- Do you have a door with a glass pane that can be broken, allowing the door to be unlocked from the inside?
- Is there a tall tree near your home that offers access to an upstairs window?
- Do you leave large retail boxes outside your home at the curb that scream, *“Hey, I just bought a humongous large-screen plasma TV!”*. This is like placing a community classified ad looking for burglars to infiltrate your home.

These are but a few of the hundreds of questions you should be asking yourself in order to find your “weakest link” in the physical security measures of your home.

For a more effective self-analysis, you should conduct this visual inspection for all sides of your house and do it during the day AND at night because you’ll discover different danger zones depending upon lighting.

Now I could go into the many ways to better secure your premises, that’s better left to another manual...or more effectively, to a security professional who can examine your home in person.

But the most overlooked aspect of home security defense isn’t which brand of security alarm you choose, but rather how you plan out your “Zones Of Defense” to begin with.

You see, when working as a bodyguard for some very important dignitaries, we would look at their estate in different zones, each with their own unique challenges and benefits.

They were:

- **Outer Perimeter**
- **Inner Perimeter**
- **Entry Points**
- **Home Interior**
- **Safe Room(s)**

Let’s look at your specific home battlefield with each of these zones in mind...

Zone 1: Outer Perimeter Defense

You always want to push your first line of defense as far away from your “last stand” point as much as possible.

In other words, I’d rather know that bad guys are headed my way 150 feet from my front door than waiting for them to be AT my front door.

Some of the ways to accomplish this are:

- **Use a gated driveway entrance with call button.** It’s pretty damned expensive but if you can afford it, it sends a strong message of “I take my privacy seriously.” and allows you to challenge deliveries from a safer distance than your front door.
- **Set up motion detectors at your driveway entrance and around your property line.** Some motion detector systems integrate with your current alarm system or can be rigged up separately. They can also either trigger a loud alarm and lights to make a scene or they can alert you silently so that you can put into place your reaction plan.

I recommend a silent alarm at the driveway entrance to avoid loud false alarms and to restrict “testing” by would-be invaders who notice the system ahead of time while casing your home.

I like loud alarms around a property line because the only time someone would normally be entering your property from the side is due to an “in progress” assault. Having a loud alarm for detection disrupts their “perfect plan” and forces them to either abandon their attack or rush their plan which will no doubt lead to mistakes that work in your favor since you’re already in motion.

- **Close circuit television cameras (CCTV).** Video cameras have become extremely affordable for the average home owner and can easily be installed on the perimeter of your property and at entrances to visually confirm who is making contact with you or trying to gain access.

In addition, CCTV cameras will record any details of the crime to later help investigators find the perpetrators and the prosecutors put them away.

For best results, integrate the cameras with your home security network so they are triggered to record when the alarm is activated.

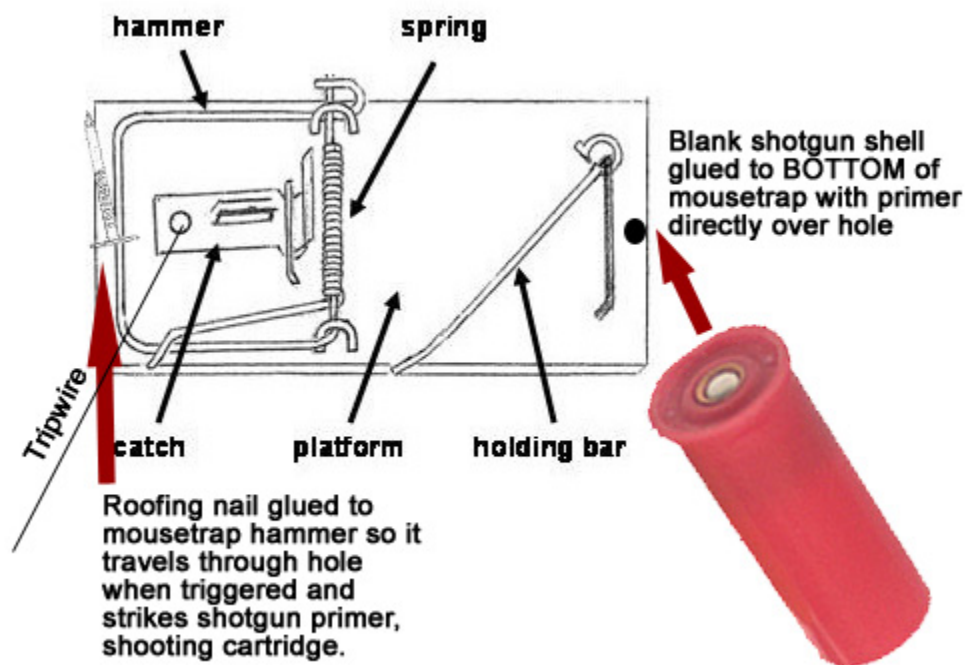
- **Improvised perimeter devices.** If you're not into spending money on perimeter movement detectors, there are ways to create your own with great success. In fact, I successfully thwarted a gang from defacing my property with their graffiti with a simple tripwire system and a blank shotgun shell. Here's a version that you can use yourself:

Homemade Perimeter Alert Device

Equipment Needed:

- A standard spring-based rat trap
 - Gorilla glue
 - ½ inch roofing nail
 - Trip wire or strong fishing line
 - L-shaped bracket with screws
 - Drill
 - Blank 12 gauge shotgun shell (without wadding; can be purchased from online theater supply stores)
1. **SAFETY FIRST!** This is NOT to be constructed without proper safety gear including safety goggles. Don't be stupid! Also be sure to use a blank shotgun shell with NO WADDING so there's no discharged material when it goes off.
 2. Drill a small hole slightly larger than the width of the roofing nail body along the end of the rat trap's wire hammer
 3. Glue the roofing nail to the trap's hammer so that when sprung, it will travel through the hole. The best way to do this is fit the nail through the hole with the hammer closed and glue the two together in this position until set (about 10 minutes)
 4. Secure the rat trap UPSIDE DOWN (so the flat side with no mechanisms is facing up) to a tree or other fixed position using the L-shaped bracket and screws
 5. Set the rat trap as you normally would but with one end of the trip wire affixed to the trap's catch.

6. Affix the other end of the trip wire to a fixed position across the likely path of an intruder, about 6 inches off the ground.
7. You want the wire taugt but you'll need to work with it so the trap isn't too hair sensitive. This is why I suggest using a rat trap because it's more resistant to false alarms.
8. Once the trap's hammer is set, put a little Gorilla glue on the bottom of the blank shotgun shell and secure it so the shell's primer is directly over the hole
9. When the trip wire is hit, the trap will spring and the roofing nail will strike the shotgun shell cartridge, discharging it and warning you of an intruder (while simultaneously scaring the shit out of the person who was trespassing!)



Zone 2: Inner Perimeter Defense

Your inner perimeter is the space between the outside of your property line to your home.

If a home invader has entered your property past a silent motion detector (if you have one), then this is the space where you'll let them know that you've already considered the possibility of becoming a victim of crime...and have taken action.

Any indication you can show them that you're more prepared than the average schmuck on the block will force them to consider the unknown factors (like the possibility of you accessing a firearm) and send them on to an easier target.

Here are some ideas for sending them a "You don't want to do that!" message:

- **Alarm system yard signs.** Yes...they work! Even a dumbass street criminal knows that alarm systems have panic buttons on them and can destroy their plan.
- **Novelty signs.** Of course this takes a sense of humor (and a certain level of obnoxious pride in your level of preparedness), but yard/fence/door signs that say things like...
 - **"Protected By Smith & Wesson"**
 - **"We don't call 9-1-1"**

...may cause the neighbors grief, but tell a home invader that you're pretty damned serious about your safety.

Of course, these signs can be used against you in court if it's arguable whether you acted in self defense. An escaping home invader shot in the back while running down your driveway isn't a good combination with a sign that says, "Make my day!".

- **Patriotic flags.** In the U.S. at least, many gun owners also display some sort of patriotic emblems so it's not a far reach that someone displaying the American flag could also be armed. Same thing goes for military flags though I don't recommend inflammatory flags like the confederate or nazi flags.
- **Motion detector flood lights.** "Ooops! Have I been spotted?!" That's the first thing that goes through a criminal's mind when all of a sudden things go from pitch black to bright white while approaching your home. Install motion detector flood lights.

For increased effectiveness, ensure your lighting system is integrated with your alarm system or even just rings inside the house to let you know that someone is within close range of your home.

And don't just consider the front and back areas of your home. Actually, the SIDE of your house is a sneaky way to be alerted that you could be targeted for a home invasion!

You see, one strategy of home invaders is to have one person distract you at the front door with some sort of reason for knocking while his partner goes to the back of your house to enter. If your back door is open, you can be taken by surprise from the back. If it's not open and he tries to force his entry, it will still surprise and distract you enough for the front door attacker to seize the moment and force his way in to pommel you.

By installing motion detector lights on the SIDE of your house that face IN toward your windows (not out away from your home), you'll be able to look to the right and left of your home when answering the door to see if either of your side lights are on. If they are, then it's likely that there's either someone attacking from the rear or the person knocking on your door was first snooping on the sides of your home, peering in windows to evaluate the situation before preparing to attack.

- **Inner perimeter alert devices.** Trip wire alarms can serve the same purpose in close proximity of your home as they do on the perimeter. Placing an alert device, particularly on the side of your house, can provide the same type of advance notice that the flood lights do in the previous bullet.
- **“Beware Of Dog”.** Criminals hate to enter homes with dogs. Little yappers can alert home owners of danger while larger dogs can cause serious injury. In either case, home invaders want to be able to attack the human residents swiftly so in order to seize control and a dog can prevent that from happening. Therefore, “Beware Of Dog” signs can be a deterrent for someone looking to enter your home against your will.

(Note: If you don't have a dog or if you have a fluffy little lapdog you dress up in pretty pink bows, don't false advertise. You're not fooling anyone!)

- **Clear away any landscaping, fencing, or other barriers** that obstruct the view of your doors and windows and camouflage home invaders while gaining entry to your home.
- **Look at trees** that are near your house to make sure limbs that are strong enough to support a person are not close to windows or other access points.


Zone 3: Entry Points

Your home's primary and secondary entrance points are the easiest to reinforce.

However, many homeowners skip on the details that make doors and windows truly a barrier to forced entry.

But with just a few enhancements, you can trust that would-be home invaders will meet with superior entry resistance or at least a barrier that will slow them down, giving you the critical time you need to escape or enact your home invasion response plan.

Consider these entry point security measures:

- **Trash hollow core doors.** Cheaper built homes sometimes have exterior doors that are nothing but flimsy pieces of pressed board with a hollow center. These are easy to bust through and with just a little bit of force. Make sure that your exterior doors are solid wood and (not the hollow core type)
- **Reinforce strike plates** with 3 inch screws  to avoid breaking should someone try forcing their way through a closed door.
- **Have deadbolt locks** to back up the handle's primary locking mechanism... and USE THEM whenever you're home.
- **Avoid the "stupidest mistake" home owners make.** Very few home people actually keep their doors and windows locked while they're at home. Make no mistake...the very first thing a home invader will do is test your door to see if it's already open and waiting for them to step in and



catch you totally by surprise. Keep all of your doors and windows locked at ALL times.

- **Don't allow shadowed entry.** Ensure you have adequate lighting installed at all entrances around your home and keep them lit at night.
- **Reinforce sliding glass doors.** For sliding glass doors, reinforce lock security by cutting a 1" diameter PVC pipe the length of the bottom door guide when the door is closed. Simply drop the long piece of pipe lengthwise along the bottom guide and even if the lock is popped, the door won't budge.
- **"Smash proof" windows.** Lexan polycarbonate is a plastic sheet or film that is 250 times stronger than glass and is used for racing car windshields. It's clear and strong enough to practically stop anything short of a nuclear bomb. Applying lexan to windows will allow you to make them smash-proof to slow down forced entry while you put your response plan into action

Zone 4: Home Interior

Once inside your house, a home invader expects to be "safe" and in control.

In most cases, he'd be right because most home owners only consider "home security" to mean securing the entry points of the home and think nothing of how they can defend against a crime where the criminal is in your home and you're fighting for your life.

However, there are quite a few measures you can put into place to reinforce your response plan should you be violently attacked in your home:

- **Place "weapons of opportunity" in strategically placed areas of your home.** Now, I'm not talking about hidden walls and trap doors that reveal .50 caliber machine guns. But one way you can better prepare yourself for a home invasion conflict is to actually pre-stage weapons around your house that could be used in a crisis.

Depending upon how many and what type of firearms you possess, you may be able to plant them in easily accessible locations (though safe from

children) so that no matter what room you're in when an attack happens, you have a firearm handy. Places such as:

- The coat closet near your front door
- Hidden on top of your refrigerator
- Secured under your basement stairs
- In your garage

Think about where you spend the bulk of your time in your home and this is a likely place to start looking for hiding places.

- **Pre-stage environmental obstacles in your decorating design.** Imagine you were being chased through your home by a vicious attacker hot on your heels. Are there any objects that could be pulled down or swung behind you to create an obstacle in the path of the scumbag chasing you? Items that can slow him down, allowing you to either escape or get to your "safe room"? Some examples may be:

- A coat rack near your front door
- A trash can in your kitchen
- A grandfather clock near your interior stairwell
- A bookcase in your living room
- A hall table or plant stand

Every second is critical when being chased and using your environment to your advantage can gain you valuable time. Walk through your home and identify or place potential "instant barriers" along escape routes and on the way to your safe room.

- **Get a guard dog.** Although I wouldn't necessarily recommend getting one just for home protection, dogs are not only a great deterrent and "alarm system" should someone try to break in, but they can also help protect you (if they're big enough – Chihuahuas are too easily "football kicked" into oblivion!).

At the very least, if they have a protective nature, a dog may provide enough of a distraction to the invader for you to escape your home.

- **Hide “improvised weapons” throughout your home.** Not everyone has the budget for an arsenal of home defense firearms. Thankfully there are many inexpensive (yet highly destructive) gadgets that can render a violent home invader incapacitated...or possibly even dead.

For some unique weapon ideas, please refer to the “Advanced Improvised Weapons” section that follows.

Zone 5: Safe Room

Entire books have been devoted to the creation of a “safe room” in the home or as part of some commercial facility.

Popular movies have been made about safe rooms, and animated sitcoms have spoofed the notion.

Most of us who take “survival” seriously have at least heard the term.

A safe room in your home could be an invaluable asset to you and your family.

What *exactly* is a safe room, then, and how can you create one?

How To Pick A Guard Dog



- Take a trip to the local pound and bring a few raw hot dogs down with you.
- Look for a dog who has a bit of “*don’t fuck with me*” in his eyes and demeanor and then offer it a hot dog.
- If the dog takes the food and then warms up to you, then it’s likely to bond with you yet rip the face off of any criminal who dares to attack the person who dishes out the hot dogs.
- Warning: If you have children, this type of dog may also rip them apart if provoked! Be smart!

A safe room, simply put, is an area of last resort, a place to which you can retreat in the event of a home invasion or burglary.

It is the stronghold, the place to which you retreat when you cannot (or should not) face the evil that has come knocking on (or crashing through) your door.

Whether that evil is home invaders or perhaps an angry mob of rioters during a period of civil unrest, the safe room is where you can go to keep the rest of the world out while protecting yourself and your loved ones.

This is a very viable alternative to fleeing the home to the unknown, especially if conditions outside are not safe (because of rioting, natural disaster, the possibility of other attackers outside the home, etc.).

Elaborate construction of a full vault safe room is beyond the budgets of most families.

For all practical purposes, it's also unnecessary.

Unless you hope to build a full-on nuclear fallout shelter, you can build a safe room that serves your self-defense purposes perfectly well, without bankrupting the family you're trying to protect.

First, choose a room in your house to make the safe room.

Ideally, it should have only one entrance and exit, someplace you can safeguard and secure.

(Don't worry about an escape route. If you're using a safe room, you have already discarded the idea of using your escape plan to escape the home.)

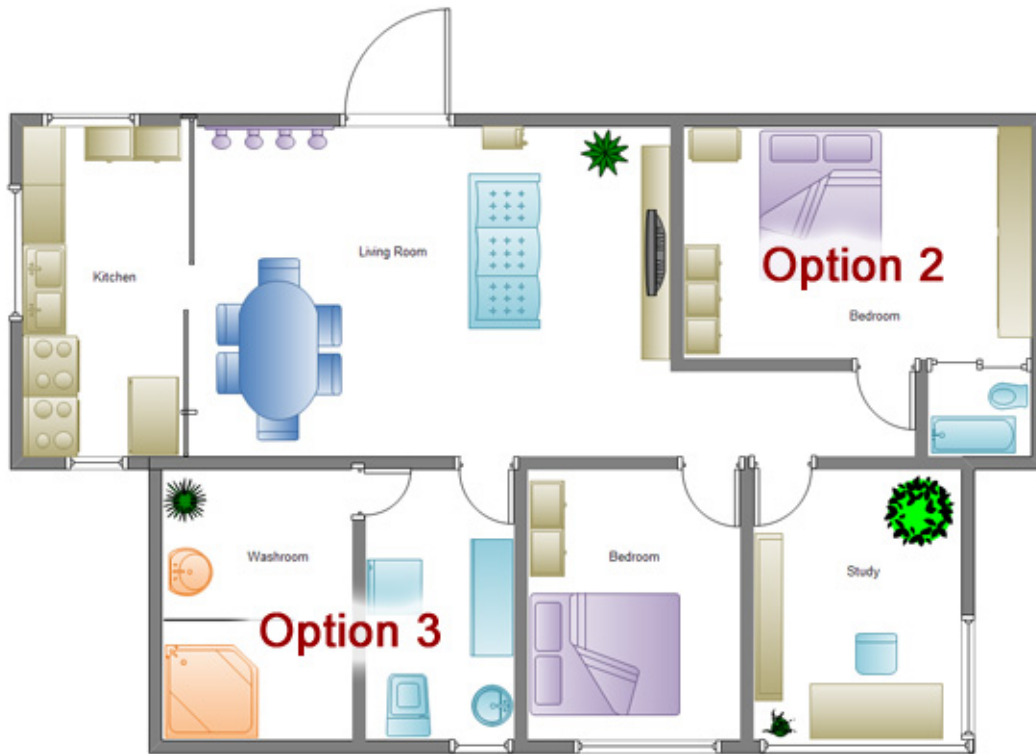
Option 1 would be a second story front bedroom since your attackers won't be able to break through your windows from the outside to gain entrance yet you can still signal passersby and responding law enforcement when they arrive.

It's best if there are windows in the front and on the side to monitor outside activity and if there's an open floor design, you may have visibility into the first floor interior as well.



If you live in a one story home, Option 2 would be a front bedroom as well for the same reasons.

Yes, your attackers may be able to smash through your front window, but if you live in a populated neighborhood, they'll have to make a lot of noise and commotion in the process and their chances of being seen are greater.



Bathrooms are another good choice (Option 3) because they have certain infrastructure in place — namely, plumbing for running water and the removal of wastes. Plus, bathtubs can provide some protection from bullets should a fire fight ensue.

It's actually important to consider a primary and a secondary safe room in case you're unable to make it to one.

Once you've decided on which room(s) will meet your needs, you'll want to set about preparing it to be your "last stand":

- Secure the door of the safe room so that it is resistant to most likely attacks from outside. This means, at the very least, fitting the room with a

heavy wooden door (*not* a hollow-core door, which can be kicked in or even destroyed easily).

- The doorknob should have a sturdy steel throw cover, if possible.
- Hinges should be located on the inside of the room, not on the outside where they can be taken apart.
- Most door hinges have three screws. Replace one of the screws with a heavy-duty nail to make it harder to take the door off the hinges.
- Install not one, but two deadbolts to secure the door. Ideally, this means one deadbolt above the knob, and another below it.

Remember that if the door can be destroyed with hand tools, you are vulnerable to anyone who has such tools on hand. (Remember the “Here’s Johnny!” moment from *The Shining*?)



Image from *The Shining* depicted under “fair use” standards.

There are available on the market metal “safe” doors that are intended to turn a closet or small room into a walk-in vault of sorts.

You could buy one of these metal doors and install it on your safe room, though of course if the room is used (such as for a bathroom) it must be operable from both sides.

SAFE ROOM ESSENTIALS

Survival kits and safe room supplies can be purchased online and in certain stores, so look around and see what you can find.

Remember, too, that a safe room is not just for burglaries and home invasions.

A properly designed safe room can also be used to keep you safe from natural disasters like hurricanes and tornados, if you choose the appropriate location in your home (such as a second half-bathroom in a basement).

Every family's needs, and every individual situation, may differ, but the goal is the same: Establish in your home a securable, lockable location to which you can retreat during a disaster or a violation of your home.

Consider the following items and supplies to be secured and organized inside.

Survival Equipment

- **Escape ladder.** If you're on the second floor, your attackers may think they have you pinned down. A rope ladder stashed away in the safe room may allow at least one person to escape to get help even if you have to create a diversion elsewhere in the house.
- **Fire extinguisher.** A home invader may go so far as to set fire to your safe room door to try to smoke you out. Being able to extinguish a fire from the inside may make their plan backfire on them where they have to hightail it out of there. Of course, you're left with escaping a fire, but at least you have a means to extinguish a path to safety if needed. Besides, many home invaders will simply set fire to the house to cover their tracks and you'll want to be able to have access to a fire extinguisher to make sure you're not just left for dead.

In addition, a fire extinguisher makes a handy dispersion tool to aim at an attacker when you want to catch him off guard or temporarily blind him so you can escape or attack.

- **Smoke mask.** Even serious burns can be survived, but a small amount of smoke in the lungs can kill. Fortunately, recent advancements in filtration have resulted in simple facemasks (www.SmokeMask.org) that can filter out smoke from a fire. These are small, easy to use, and relatively inexpensive



- **Trauma pack.** Even though you may be well protected in your safe room, it's possible you could be injured from broken glass, shot or cut during the initial attack or even attacked while in position (such as your attacker shooting through a door or wall). Not having a first aid kit on hand could mean you either watch a family member die in your arms or be forced to open your safe room door to get help, subjecting you and the rest of your loved ones to the madmen waiting outside.

Store a "trauma pack" in your safe room to be used for major injuries such as massive bleeding. Include special packs such as "QuickClot"® that are highly effective at stopping bleeding for moderate to severe wounds, including venous and arterial bleeding. This will provide you with short term stability while you plan a better escape or help arrives.

Communications

Some means of calling the outside world in order to call police and ask for assistance is necessary.

Land lines can be cut by tenacious home invaders.

Simply taking an extension off the hook somewhere else in the house could prevent you from calling out.

A cellular (mobile) phone backup (not a cordless phone) is essential and it enables you to call for help and to keep the phone with you.

You can even now purchase "emergency" cell phones with no monthly plan that you can just keep stored away on a charger in your safe room indefinitely with no expense.

When you call for help, make sure you tell law enforcement:

- How many home invaders there are (if you know)
- That you are armed (if you are)
- Where you are located in the house (what floor, front/back, left/right, etc.)
- What you are wearing

Once you've told law enforcement this information, **DON'T CHANGE YOUR POSITION** if you can help it!

You don't want to get shot by those responding who mistake you for the invader.

Food And Water

If you choose the bathroom for your safe room, water is abundant and you have the plumbing needed for personal emergencies.

Stockpile some food, such as energy bars, just in case you have to make an extended stay.

Remote CCTV

Closed circuit television cameras aren't just for perimeter security. They're quite useful inside your home too!

Modern wireless cameras are small, discreet, and can even allow you to view the goings on within your home from any internet connection. So check this out – by placing cameras around the inside of your home at strategic places, you can:

- Confirm whether the home invaders have actually left the premises or not
- Know exactly when they plan to attack your safe room (by hiding a camera that faces your safe room door on the outside of the room).
- Communicate to responding law enforcement the exact location of the invaders before they enter your home
- Allow police to view the inside of your home from their own internet hookup (just give them the login information when you contact them to report the invasion)
- Record as many details as possible of what the criminals look like for later identification

While it may not be feasible to stash a fully charged laptop computer in your safe room, internet technology and cell phone integration is becoming more advanced by the day. Imagine pulling up your cameras on your phone and see every move that takes place in your home at any moment you wish. Believe it!

Self Defense Weapons

If you can secure in your safe room a legal weapon, such as a locked shotgun or a handgun in a push-button safe, do so.

The weapon you keep in the safe room is there to defend you should the invaders attempt to breach your last line of defense.

However, don't discount the use of simple objects that can double as powerful incapacitators in the right hands. (See "Improvised Weapons" beginning on page 55)

HOME-DEFENSE WEAPONS

Choosing a self-defense weapon for your home requires a much different mindset than one you may use as a day-to-day carry weapon.

In fact, it gives you MANY more options!

For example, by definition, a home defense weapon doesn't have to be portable.

So while you can't carry a shotgun down the street with you as you go throughout your day, you can keep a shotgun readily at hand in your home, and shotguns make excellent home defense tools.

Your home defense gun can also have accessories on it that would make it too bulky or awkward to carry with you.

These include light mounts, especially, but might also include other "tactical" gizmos that would otherwise make the gun difficult to holster, like oversized optics, laser mounts (although these have gotten pretty small), extended magazines, etc.

Whether the break-in is an angry ex-boyfriend pounding on the door, a determined home invasion by practiced criminals, some other burglary, or even civil unrest washing into your neighborhood from the world outside, you keep a home-defense gun because you wish to be able to protect your family and yourself in what is your last refuge: the place where you live.



And even though the first thing that comes to mind when considering a weapon for home defense is a handgun, there are some very strong arguments for “going bigger”.

One of the considerations is simply your ability to acquire a weapon in the first place.

There are a lot of firearms owners who, because they can't get a permit to keep a handgun in some very restrictive areas, aren't limited from purchasing a rifle or shotgun.

Legal almost everywhere in the United States, relatively simple to operate, and capable of loading a variety of different self-defense rounds, shotguns are typically less restrictive, even in some COUNTRIES that don't allow handguns but allow weapons that are commonly used for hunting or protecting livestock.

But this isn't the only reason why a shotgun or rifle would be your ideal home defense weapon.

While your ultimate choice comes down to personal preference, let's take a closer look at your arsenal options and see which ones will work best when evaluated in the context of your personal home and needs.

THE HOME DEFENSE SHOTGUN

Our primary weapon of choice is a shotgun and it's an extremely powerful home defense tool.

The primary advantage of a shotgun is that it's capable of blasting multiple projectiles at its target with a better chance of actually hitting something.

Most commonly in a home shootout, you won't be firing farther than 10-12 feet which means that your shot group from the most common buckshot rounds will result in about a 6-8" circular pattern. That gives you some valuable fudge-room for firing during an adrenalized shootout.

One of the major disadvantages of using a shotgun for home defense is its size which will cause you difficulty when moving around in tight spaces, such as the corridors of your home or within the confines of your safe room.



One of the ways to lessen this challenge is to choose a shotgun with a pistol-grip stock however, in my opinion, this severely restricts your chances of hitting your target.

The cinematic “hip shoot” of Hollywood isn’t how your body is programmed to fire a shotgun and you’ll find that you naturally want to raise the shotgun to aim anyway.

A better approach would be to shorten the barrel from the common 18 inches to 14 inches if you’re legally allowed where you live.

One other consideration to think about is that while a shotgun does offer a better chance of hitting your target due to the larger shot group, that conversely means that it’s NOT a precision weapon.

In other words, trying to pick off an attacker while he’s holding your kid hostage may mean you hit both your target AND your loved one.

Gauges, Action & Loads

When choosing the right size gauge for a home defense shotgun, your two major considerations are handling and ammo options.

A 10 gauge has a huge recoil and is more firepower than you need, especially considering that another member of your family, even a child, may have to fire it.

16 gauge and 20 gauge shotguns have much less kick and are good options but ammo choices are limited.

That leaves us with the popular 12 gauge...and it's popular for good reason.

Excellent stopping power, manageable kickback with low-recoil rounds, and plenty of ammo options to choose from.

Pump-action or semi-automatic? This will be a source of dramatic debate until aliens start storming out planet so it's entirely up to which you feel most comfortable with and can afford (semi-autos will cost you more).

As for what to stick inside the chamber of your home defense shotgun, well, that's where things begin to get sexy...

There are a variety of "specialty" loads available for shotguns, from different sizes of shot to exotic rounds that fire flechettes and even produce goutts of fire.

However, while all of these thriller rounds may seem cool, you want to completely stay away from them.

They're a legal liability and you don't want to look like some kind of nut who was just waiting to use his shotgun's special super-flaming-ninja-killer-death-rounds on an intruder.

Your choice in shotgun loads is therefore 00 Buck or deer slugs.

Deer slugs, which leave holes the size of quarters, will most certainly penetrate drywall and interior walls... and often, exterior walls as well.

This is an unavoidable problem of using firearms in home defense.

You must make the conscious effort before you engage in a self-defense shooting in your home to learn where the natural backstops of your home (brick walls and fireplaces, heavy slabs of marble or concrete, etc.) may be.

You must use care when shooting ANY firearm in your home to prevent a round from traveling through a wall and into a loved one in the next room or an innocent person outside or next door.

This is especially true if you live in an apartment.

Slugs provide you with greater range and possibly better knock-down power, but because they require careful aim like a rifle or handgun, they completely disable the main benefit of choosing a shotgun to begin with: superior hit probability!

Buck shot on the other hand, produces several round “pellets” that are each roughly the size of some handgun bullets.

It’s an extremely powerful anti-personnel round that doesn’t require quite the precision of a single slug.

Your best all around “home combat” choice is most likely going to be OO (“double ought”) shot which contains about twelve .33 caliber pellets.

You may want to go with a low recoil round for manageability but I recommend you actually buy several boxes of ammo and take your weapon to the range so you can SEE and FEEL the difference and make an educated decision.

Whatever you do, do not load your shotgun with birdshot or some other light round on the theory that this will not penetrate as much and may make it safer for you to shoot from within your home.

Birdshot and other light shot loads simply do not have the power to stop a human being who is intent on harming you.

Remember the hunting accident in which Vice President, Dick Cheney, shot a friend in the *face*?

The man’s advanced age made the wounds more serious than they would be for a younger, healthier man, but he lived through the incident — and even apologized on national television for the political grief the VP caught over the whole thing!

Birdshot may wound someone, but it simply doesn’t have the energy or the penetrating power to drop that person.

Those who recommend it as a self-defense round are doing a grave disservice to everyone who listens to them.

Regardless of which round you choose, don't fall into the trap of thinking you don't have to aim a shotgun.

While the sights on most shotguns, especially home-defense shotguns, are rudimentary, you must at the very least sight down the barrel and make sure your buckshot goes where you want it and not into something or someone else.

THE HOME DEFENSE RIFLE

There's absolutely no doubt that a rifle, particularly a civilian legal, semi-automatic "assault rifle" (a misnomer, but the common term used to refer to these military-style weapons), is a powerful weapon and deserves a serious look as a choice for a home defense arsenal.

Its effectiveness can be seen far beyond the unwelcome drug-crazed maniacs busting through your front door.

During incidents of civil unrest, such as riots in California after the "Rodney King" verdict, shop owners were photographed standing atop their stores with assault rifles, ready to defend their property.

Similar scenes of homeowners defending against looters, such as after floods in the South and Midwest, have played out in the United States.

Yes...versatility is the primary benefit of choosing a rifle for home defense.

The rifle's relatively high magazine capacity (even if it is a more traditional hunting rifle) gives the defender plenty of rounds to throw at the enemy.

Like shotguns, a weapon that is wielded with two hands is generally easier to wield safely than a handgun, because it is more difficult to point the weapon at some part of your own body.



But let's face it...we're more concerned with pointing the weapon at the scumbag who's terrorizing your family, right?

Rifles are relatively easy to aim accurately because of the long sight radius and usually very adequate iron sights, making them much more precise than a handgun or shotgun.

On the downside, like shotguns, rifles are large, long weapons and therefore difficult to use in confined spaces though folding stocks and shorter barrels (where legally allowed) can help balance this challenge.

The biggest liability of using a rifle is, of course, the high power of most rifle rounds.

Not only will a rifle round easily penetrate most walls of a home, but to some above a certain caliber, most bulletproof vests are even unable to stop penetration.

THE HOME DEFENSE HANDGUN

A handgun for personal defense, and of course home defense, is a given as long as it is legally an option where you live.

Handguns, which are small and portable, are easier to use in close quarters.

They are easy to wield, portable, allow for high round capacity, easy reload, etc. and this makes a handgun the common weapon of choice for those who look to firearms as a way of defending themselves, their property and their loved ones.

The discussion (or debate) then usually comes down to your choice of make, model, caliber and semi-auto vs. revolver..

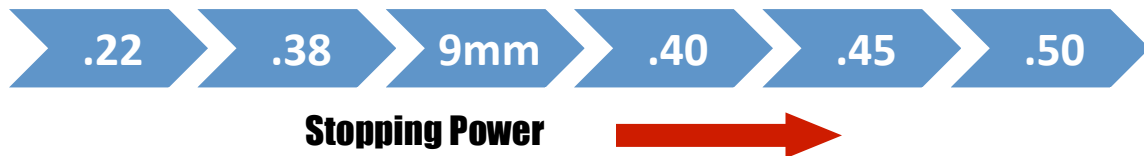


We'll leave the make, model and whether you like a wheel gun or slide shooter up to you. Everyone has their preference, right?

But caliber deserves some serious consideration...

What Caliber?

A good guideline is to start your analysis from the middle, in our opinion a 9mm, and work your way to either end of the stopping power spectrum.



All calibers have their advocates.

All are very common calibers, easy to find, purchase, and stockpile (except for the near nuclear power of the .50 caliber).

The recoil from a .45 weapon is really not unmanageable at all, despite what some people will tell you, but it's true that 9mm recoils perceptibly less.

Most people find the .45 to be noticeably louder, too (though in a shooting scenario, the psychological effects of shooting under stress mean you won't really hear the shots anyway).

There is no doubt that the .45 has adequate "stopping power" when used to shoot a human being.

The 9mm is considered by most to be a compromise caliber — a round with reasonable power that has negligible recoil.

Other popular rounds, such as .40 caliber, are seen as a compromise bridging the gap between the 9mm and .45.

As always, your personal preference and experience with shooting will be the deciding factor.

In fact, you may be surprised to hear the benefits of the tiny little .22 Long Rifle.

In fact, the .22 was even used in the 1990's by Israeli military for riot control...until it was abandoned because it turned out to be TOO LETHAL.

Its low recoil and manageability make it easy for even children to handle, but here's the bottom line...

The "best caliber" matters far, far less than simply HITTING your target!

You may laugh at the thought of a tiny .22 for home defense, but the fact is, it's highly accurate and just as deadly in the hands of a trained shooter!

GIZMOS & GADGETS

Unless "going to the office" for you means storming meth labs in bulletproof armor, there's no need for Terminator attachments for your defense weapon.

Silencers, tripods, laser sights, slings and other "combat regalia" aren't necessary when all you care about is plugging a violent predator center mass.

However, one attachment deserves a review from a tactical perspective...

Light Mounts

Given that a home invasion may well occur at night, you must have a powerful tactical flashlight as part of your home-defense gear.

One way to make sure your home defense weapon is always accompanied by a flashlight is to mount a light directly to the gun.



The advantage of mounting the light to the gun is that it is easier to wield the two together, at least to some users.

That's especially true when wielding a rifle or shotgun for home defense.

These weapons require two hands and would make holding a flashlight very awkward, mounting a light to the gun makes it easier for you to defend yourself in low-light conditions.



Some handgun light mounts are designed so that the switches can be activated by the off-hand.

Others have pressure switches and cables that cause the light to activate when the firing hand squeezes the grip.



Light cables and flashlight mounts running to them can make the firearm more awkward to wield, but this is generally not a very large problem.

The advantage of mounting a light to a gun becomes a disadvantage when you wish to use the light for something other than pointing a weapon.

One of the fundamental rules of firearms safety is that you never point a weapon at anything you are not willing to destroy.

In a home-defense scenario, there will be times when you need to point a light in a direction you know is not safe to shoot.

This can be done if you are carrying a separate flashlight, but is impossible to do if your light is connected to the weapon you are wielding (particularly if you are using both hands to wield it).



WARNING: Secure Your Weapon So That It's Readily Accessible...But Childproof!

There are a lot of trumped up “statistics” and other pieces of misinformation floating around out there falsely claiming that a gun kept in your home presents a greater danger to you and your family than the dangers prompting you to keep the gun in the first place.

While we don't agree with this anti-gun propaganda, there is a very real danger presented by any firearm that is not properly secured in the home (especially homes with children of any age).

You must NEVER leave a loaded gun unsecured or “hidden” anywhere in the house.



If the gun is not on you, it must be locked away in some fashion so that unauthorized use is prevented.

The unauthorized user might be a burglar, an apartment complex maintenance man who's let himself into your home with a key, or your very own children.

Prevent accidents and misuse by making sure your gun is locked up.

There are a number of ways to lock up your firearm so that it is still readily accessible for home defense.

There are push-button mechanical and electronic safes on the market that let you place the loaded gun inside, then tap a finger-order combination to pop the door open very quickly.

There are other locks and mounts that let you completely secure the weapon, sometimes enclosed in a clamshell of some sort.

There are also trigger locks (though these should never be used on a loaded gun) and full-sized or compact safes.

However you choose to secure your gun, do it in a way that allows you ready access to the weapon, but which does not itself present a danger (such as placing a trigger lock over the trigger of a gun that is loaded — a formula for creating a negligent discharge).

IMPROVISED WEAPONS

The firearm is of course the most effective force multiplier on the market, followed by the knife (though the gap between the two is large).

But many common items can be carried every day with relatively little (or no) fear of legal trouble and can be planted in various places around your home for random access should you be attacked.

Besides, you may not be able to gain access to your primary home defense weapons and be forced to rely on everyday objects to save your life.

While some may scoff at the ability of a simple mini-maglite or a fountain pen to be an effective weapon for a counterattack, simple physics tells us this must work.

When you concentrate the force of your blow in a smaller area, and particularly when you use something that cannot feel pain (unlike your fists or feet, which can break and which certainly do feel impact), you can inflict an immense amount of trauma on your attacker.



Following is a list of improvised and/or legal weapons that you can carry and/or litter around your home as improvised weapons in a home invasion:

- **Flashlights.** The pocket flashlight, such as the mini-maglite or any of several “tactical lights” on the market, is a handy little fist load and pocket stick that can be used both to reinforce the hand and for hammer fist striking using the butt of the light itself.

Concentrating the force of your blow into the end of the light lends considerable power to your counterattack... and as a bonus, you are carrying a very useful utility light that will help considerably in your day to day life.

- **Pens.** A pen, especially a large, sturdy, metal pen, is like a pocket stick or fist load with an edge.

It can be used to stab an attacker, particularly in “soft targets” like the eyes, the neck, the hollow of the throat, and the inside of the wrists.

Some metal-bodied pens on the market contain quite a bit of knurling and other grip-enhancing contours.

Others are manufactured specifically as “self-defense pens,” though these should probably be avoided if you hope to maintain the illusion that you are just using whatever common item is at hand.

- **Combs.** Various self-defense instructors, such as Larry Wick of *Split Second Survival*, have acknowledged the power of the common pocket comb when used as a weapon.

The edge of the comb — the teeth and the corner of the teeth — can be used to rip into the attacker’s neck or eyes (the same soft targets used for pen counters).

It is safe to say that a pocket comb can be carried just about any-where and never get a second look.

Avoid combs or brushes with built-in stabbing weapons as are manufactured by some self-defense novelty houses.

- **Chains and Locks.** On the pretext of carrying a bicycle chain, you may carry a heavy metal chain with padlocks that can serve as a fairly devastating weapon.

It can be swung or it can be used as a fist load (or even as a blocking tool).

Such an item is sometimes illegal, however, so check your local laws.

If there's no bike anywhere near you, carrying a bike chain isn't very believable should you be stopped and questioned.



- **Bandanas.** A cloth bandana, which is a useful daily carry item in its own right, can be “loaded” and tied off to weight it.

Batteries or rocks or any other heavy item can turn that innocent piece of cloth into a sap or blackjack.



- **Wasp Killer Spray.** Ever been sprayed with pepper spray before? If not, take my word for it...it sucks! But it’s not always the debilitating “fight ender” that you’d think it to be since it’s not exactly considered “justifiable” for law enforcement and civilians to go and permanently blind potentially innocent victims.

If I’m being attacked in my home and I’m looking at my wife and kids being tortured by some drugged up psychopath, I frankly couldn’t care less about his future handicaps.

Common wasp killer spray is easy to use, easy to aim, goes a far distance (up to 22 feet vs. 8-12 feet for pepper spray!) and is meant to, well...kill things!

While it's not going to kill your attacker and frankly, it's not as instantly incapacitating as pepper spray, but if his eyes have been flooded with insecticide, he's going to not only be blinded...he's going to have to seek medical attention!

- **Knives.** I'm a self-admitted "knife nut". As far as "secondary weapon" beyond a firearm, knives offer you the best force multiplier for close quarter fighting.

While you can hide everything from a Swiss Army Knife to a Medieval broadsword in your home, I actually have another option that's cheap and very effective: the fiberglass knife!

A popular version of the fiberglass knife uses a material called "Grivory"™ that's extremely strong, impervious to heat, cold, moisture, and extreme weather conditions and comes in many popular shapes and sizes.

These knives are also VERY inexpensive (usually between \$9 and \$12) so you could buy several to hide inside and outside of your house.



I have to say that these “covert daggers” are one of my very favorite back-up weapons.

It’s safe around children because it doesn’t have an “edge”... but it offers a serious stabbing advantage that leaves a very large wound.

I have several of these hidden around my home – ready to be used as an “instant back-up weapon” should I need it.

Be creative: hide one in your refrigerator, behind your toilet, in the side of the couch, on a bookshelf, or outside in a flowerpot, under a shrub, etc.



The “Ultimate Weapon”?

I’ve stopped counting the number of knuckleheads who have told me that their Colt 1911 was the answer to all of their self defense worries.

I don’t care if it’s a howitzer, bazooka, or toothpick...any weapon is only good to you if you can get to it. Case closed!

For this reason, you must ALWAYS, ALWAYS, ALWAYS assume that you could be left high and dry with no means to defend yourself except for your body’s natural weapons.

Yes, I’m talking about “unarmed combat”, fresh out of the shower with your johnson hanging out in the wind.

Now it’s not necessary that you be a black belt and be able to take on a team of Ninja assassins single-handedly or spend a fortune on weekly classes down at the local McDojo with the 8-year old rugrats.

In fact, the most powerful self defense moves the inflict the most damage are actually quite simple to learn.

The biggest obstacle is in discovering what the experienced criminal already learned the hard way long before he entered your home uninvited...

...that “fighting fair” only gets you hurt or killed!

That’s why, you have to learn how to “fight dirty” to save your life or the life of those you love.

And I’m not just talking about a swift kick to the nut sack!

I’m talking about real, filthy rotten tactics that will destroy a man twice your size in one blow!

Think that’s impossible?

Think that maybe you’re “too old”...”too small”...”too weak” to obliterate a prison escapee looking for a good time?

I can tell you with no doubt that I can teach ANYONE to be a “human killing machine” with nothing more than their bare hands in no time at all.

Of course, it’s much too much information to jam into this manual, but suffice it to say that learning the type of self defense moves that don’t rely on your size, strength, age or previous fighting experience is an absolute MUST in my book and it forms the very foundation of ANY “weapons training” under any circumstances.



If you’re interested in learning more, I have a free DVD I can send you that shows you exactly how to defeat even much bigger, stronger attackers with just a few simple moves that ANYONE can master.

To get a free DVD sent to you, just let me know your address at this website and I’ll get it right out to you...

www.DefeatLargerAttackers.com

This provides you with a real no-nonsense look at how to fend off any attacker with nothing but your hands, feet, and a few choice other “secret weapons” you have on your body.

YOUR HOME INVASION SURVIVAL BLUEPRINT!

Ok, enough screwing around...

By now, you're sufficiently scared shitless and hopefully have taken a few breaks from reading to surf the internet and order various boxes of supplies that would make any mail carrier avoid your house like the plague if they know what was inside.

It's time for some serious tactical discussion!

Questions (and answers) that will pull your ass out of the most violent and horrific crime you could possibly imagine and protect your family from the most brutal of acts.

Let's get to it...

YOUR "ESCAPE PLAN"

Every home should have an escape plan in place to take any of the guesswork out of how to respond to a crisis in the home, whether it's a home invader or even a fire.

For your family, it should be "every person for themselves".

If one person can escape and get help, it may be all that's needed to destroy a home invader's long term torture plans.

As "protector", your goal should be to make sure that at least one of your family members can make it to safety and get help.

Part of that responsibility requires you to be prepared to physically fend off an attack but it also requires your loved ones to know exactly what to do as well so they're not trying to help you fight and therefore in danger of being beaten or killed themselves, reducing the entire family's chances of survival.

This requires prior planning...and a structured "escape plan". Details should include...

- **“Code Words”**. You need to have a recognizable signal for everyone to leave the home immediately. (This shouldn’t be anything obscure, like “Blue Elephant”, but the obvious “Get out” is a bit too vague.

We suggest using **“ESCAPE!”** because it gives clear direction on what everyone is to do. A second code word may be necessary and that’s **“SAFE ROOM!”**, if you indeed have one and saw that you were being attacked by multiple home invaders at separate exit points.

Program these words into your family’s brain so that when you use them, it automatically jolts them into action!

- **Response Actions**. Make sure all family members are aware of how to respond such as:

- Which exits are best to use depending upon where someone may be located in the house
- Where to go once outside the home (neighbors, business nearby, etc.)
- What to say once contact with someone outside has been made

- **Practice Drill**. Once you have a plan in place, the next thing to do is PRACTICE IT!

No escape plan is complete without a “full dress rehearsal” of how everyone would respond in a real situation.

The more realistic you can make the rehearsal (without totally freaking out young children), the better.

Here’s an example of how you might conduct your own personal “Crisis Response Training” with your family...

Crisis Response Training – Stage 1:

First discuss response actions with your family around the dining room table to discuss what dangers may require escaping and why it's important to have a plan.

If you have young children, use the example of a house fire as the reason for this discussion but throw in that there may be other reasons, such as a “bad man” was inside.

After discussing escape actions, take your family to various rooms in the house and ask them what they would do if they heard the code word shouted and they were in that room.

Be sure to discuss which are your “safe rooms” and how to secure the door, escape the room and/or contact help.

Crisis Response Training – Stage 2:

Time for rehearsal...

Let your family know that you will be conducting an “emergency drill” and let them know the specific date, but not the time, that you will be testing the plan you have in place. Also let them know what type of drill you will be testing (fire, home invader, etc.)

If you have an alarm system in your house, notify the monitoring company (and maybe the neighbors) that you will be conducting a test and then set off the alarm when your family isn't expecting it.

Your direction to them will be the key role in how the rest of the scene plays out. When the alarm goes off, shout out your agreed upon “code word” (again, our suggestion is the word “ESCAPE!” or “SAFEROOM!”) to signal your family that it's time to move into action with absolutely no hesitation.

Be the last one out so you can observe your family's reaction time and look for any mistakes made during the escape.

Crisis Response Training – Stage 3:

On a subsequent escape rehearsal, create some sort of obstacle, such as an exit that can't be used (as may be the case with a fire) or put a training dummy or another family member in a mask at a back door playing the role of another criminal.

The combination of the piercing alarm, your emotional shouting, and unexpected obstacles as family members are tasked to remember exactly how they are to respond and escape the house may provide enough of an adrenaline rush to effectively give your family a taste of what a real crisis would be like.

Crisis Response Training – Stage 4:

As a final option, you may wish to stage another complete full blown rehearsal when your family isn't expecting it at all. However, this may not be required and you actually shouldn't do it more than once (if at all).

Remember the school fire drills?

We knew it wasn't an actual fire so we all just complained that we had to pile out in the hall and walk in an orderly fashion to the designated exits (blah, blah, blah).

Likewise, if you overdo the crisis response training, it may not be taken seriously should you actually find yourself in the midst of an attack.

If you feel your family "gets it" during the announced rehearsal, I personally wouldn't shock them with an unannounced raid. Besides, having Uncle Charlie in a mask running through the house screaming with a machete held over his head could inflict a lifetime of nightmares in your kids!

ACTIONS DURING A HOME INVASION

While the movie that plays in your mind when you imagine someone breaking through your front door may be one of you doing a double summersault flying dragon kick and you crush the guy's throat like a piece of Styrofoam, realize that this is just your survival instinct kicking in that tells your brain that there's no way in hell anyone is going to come into your home and harm your family without you ripping out their guts.

But don't you think the home invader knows this?

That's why they're already thinking way ahead of you.

They know that when you see a knife to your wife's or kid's throat, you'll stop dead in your tracks and lose whatever macho tendencies you may have toward turning THEM into a victim.

They know that chances are you'll drop down on your knees and handcuff yourself to a railing (or whatever) to avoid any harm coming to a loved one.

And when you do...you're at their mercy!

So now it's time to make some tough choices...

I've seen a few crime experts suggest that it may be your best option to leave your family behind when someone is breaking in and make sure that YOU get out at the very least!

This sounds unthinkable and cowardly to most guys with families, but there is some merit to this approach.

Let me explain...

If YOU get out, you at least have the ability to run to a neighbor's house to contact police, get to a weapon (in your tool shed?) or get backup from a neighbor with a gun or other weapon.

Your family may or not be in immediate danger back in the house, but in just a few minutes, you may be able to get solid reinforcements to adequately deal with your attacker(s).

With you on the loose, their time to commit their crime is down to only a few minutes at best.

Their only options may now be to stay and fight it out or immediately flee the scene to avoid being captured by police or counterattacked by you upon your return.

Now compare this scenario with what may have happened should you have stayed to “defend” your family...

You’re obviously a threat to a home invader so their first task is to take you out of action.

That means either restraining you or beating you until you’re defenseless.

Once this is completed, your attackers now have as much time as they want to do WHAT they want with WHO they want!

And with you likely tied up you’re forced to watch in horror as your family is viciously raped, molested, and/or killed right before your eyes with no way to assist.

This is a brutal thought to have to consider...but it MUST be considered.

But I DID say you had “choices”, didn’t I?

I, like you, find it very hard to imagine leaving my family behind at the mercy of a violent criminal or criminals.

Although the first option I stated may be a logical approach and make total sense, it may be just too impossible to imagine for most people.

For those who decide to “stay and fight”, there are some tips for how to best turn the tables on the idiots who were stupid enough to choose YOU to attack instead of the other “sheep” in your neighborhood:

Take Advantage Of The Initial Chaos

Try to gain advantage over your attacker as soon as possible.

The time to explode with all your might, screaming, fighting, biting, gouging, and going berserk in order to save your life and preserve your freedom, is therefore when the hostage takers first try to capture you – when they first appear in your garage, break down your door, or shoulder their way in through your patio glass.

Do whatever you can, to the absolute limits of your physical and emotional strength, to avoid being taken.

Make as intense a scene as you can.

Make them work for it.

If you're the target of a random home invasion for purposes of kidnapping, as sometimes happens in Mexico, Central America, etc., in many cases, resisting very strongly is enough to send the would-be hostage takers away, as they'll want to find an easier target.

You may be able to do enough harm to them to escape on your own, regardless of what they decide to do or it may give your family the critical time they need to escape according to your plan.

Have A "Go Belt"

Some self-defense experts recommend keeping all of your gear in a gun belt that you keep next to your bed, so that you can put the belt on when you hear a disturbance and have all of your gear at hand.

That gear would typically be your firearm, an extra magazine for your handgun (in case of a jam or other malfunction, not because you anticipate an extended gunfight), your wireless phone, and your flashlight.

Other items may apply based upon your specific response plan.

Trick Your Attackers

When an invader first enters a home, unless they've completely researched your family, habits, who is home, etc., their mind will be partially concerned with the unexpected.

Is there another guy in the house? A dog? Children? Etc.

While their mind is in a state of flux, you can yell out something like "JIM...GET THE GUN!".

Ok, so you don't know anyone named "Jim" and you may not even own a gun.

But your attacker DOESN'T know this and with this unexpected surprise, their own survival instinct may kick in and they may flee the scene.

Never Trust Your Attacker

“I promise I won’t hurt anyone...just put these handcuffs on so I know you won’t hurt me and I swear I’ll be gone in just a few minutes.”

Wishful thinking may be your guide if you hear these words from your attacker...and he knows this!

Once your dumb ass agrees because you trusted that he was telling you the truth, you’re helpless!

Do NOT agree to be tied up or handcuffed if you can help it.

Talk your way out of it or simply refuse to do it, but once you’re restrained, you have limited your options for escape or defending yourself and your family down to nearly ZERO!

Anything the home invader is willing to do as “punishment” for you not being restrained, he will be willing to do WITH you tied up as well.

In other words, if he would kill your wife because you didn’t agree to handcuff yourself to a door, it’s assumable that he would be able kill her once you’re tied up anyway.

Tough call...but personally, I’d rather fight than be defenseless and watch my family suffer through days of torture.

SURVIVING A HOSTAGE SITUATION

If, despite your preparations, you cannot avoid a hostage situation, there are many general guidelines you can follow that increase your chances of survival until your eventual escape or rescue.

There’s no doubt that being held hostage is one of the most extreme, most frightening things an individual or a family can experience.

Being held hostage as a family, in fact, is worse than being held hostage as an individual, because your captors can use threats of violence to your loved ones as a way of manipulating you and forcing you to do their will.

In all cases, you have to weigh your best chances of survival with the consequences of resisting.

If cooperating with your captors, at least in the short term, helps prevent harm to your family and to yourself, it is probably best that you make no trouble.

Keep that in mind as you choose what to do, and follow the tips and guidelines we'll now give you...

Face Reality

Remember those movies where the family gets taken hostage and the police show up, shoot the bad guys, and everyone goes to bed happy at night?

That's not going to happen.

At least, you can't ASSUME that's going to happen.

The fact is, that when you're taken hostage, it could get very, very bad, especially at first.

You might be beaten in order to subdue you.

Presuming that you'll initially fight back, and fight back hard, to avoid being taken hostage, it may be the case that you'll be in a lot of pain when they finally do manage to take and secure you.

But once you're captured, don't give up, but don't pretend that things haven't changed.

You're now playing a waiting game, to see what opportunity presents itself down the line.

You've missed the first opportunity to defeat the hostage-taking, at the beginning.

You now have to wait for the next opportunity.

Control Your Fear

Of course you're going to be scared to death. It's natural.

But do NOT be controlled by your fear!

It will be difficult, but you must keep your wits about you.

You must try to stay calm. If you give in to fear and hysteria, you won't be in control of your actions, you won't be able to remember things that could help you later, and you may upset your captors in a way that causes them to hurt or kill you.

Don't Wait For The "Perfect Moment"

As you wait to see if you can escape or strike back at your captors, don't wait forever for that "perfect" moment.

The perfect moment is never going to come.

Being taken hostage is no easy thing.

You'll be in danger and there will be risks no matter what you do.

So even if an imperfect opportunity comes to try and escape, or to try and take out the hostage-taker or takers...take it!

It may be the only chance you ever get.

Cooperate As You're Being Restrained

Whoa, whoa!

Didn't I just tell you to NEVER allow yourself to be restrained?!

Again...it's NOT Hollywood!

It's quite possible that you'll get the shit kicked out of you and you're going to be so badly beaten that you're barely conscious.

Your goal at that point is to simply "not die" and try to remain as alert as possible.

Therefore, if you reach the point where you're being subdued, DON'T STRUGGLE!

If you struggle too much, your attacker will likely strike you harder to gain compliance so he can tie you up.

At that point, you could be rendered unconscious and lose valuable time while knocked out or you could just plain die.

But if you're conscious and somewhat in control of your body, there are things you can do to set the stage for your eventual escape.

In fact, later in this manual, we'll even show you some sneaky ways to escape even the most impossible circumstances. (No peeking!)

Control Your Ego

If you don't have the option of attacking right away, don't try to be too defiant and intimidating.

It will only make things worse by being belligerent, howling that they'll "*never get away with this*," or making yourself out to be a hero.

Hostage takers don't like heroes and heroes are often the first to get shot.

Rather, appear meek and unthreatening.

You want your assailant to be overconfident as much as possible and not see you as an immediate threat so that if you DO get the chance to attack, you can!

Use Your Children

Children, because they're not seen as much of a threat, may have more of a chance to escape than you or other family members do.

While you are distracting your invader(s), it may be an opportune time for a son or daughter to get out.

Again...have a plan for where their escape options are (you DO have an escape ladder in your second floor bedrooms in case of a fire, don't you?), where to go, and what to do when they get out of the house.

Don't Be "Competitive"

Don't challenge your captor's authority once they've taken and secured you.

That means you do not even speak loudly.

If you're playing the waiting game, quietly do as you are told and pretend to be cooperative.

You want to lull your captors into a false sense of security where you are concerned.

Build Trust And Rapport

Do your best to engage your attackers in conversation if they'll talk to you.

Ask for small, reasonable favors, such as bathroom breaks and such, and promise to cooperate.

Prove to them that they can trust you.

Your task, once you've been taken, is to try and establish a relationship with your captors.

You want to fool them into thinking that you're a cooperative victim and even something like a friend.

You may have heard the term "Stockholm Syndrome," in which hostages begin to identify with their captors because of the stress, intensity, and close personal proximity of a hostage situation.

You want to make your captors think that you're coming around to their goals in this way.

Just remember that, while you do it, it's an act for their benefit.

Don't actually start to identify with them.

Monitor yourself for signs of these attitudes, which should worry you.

Try to learn as much about your captors as you can by talking to them.

Learn their names. Get their life stories, if you can.

People naturally like to talk about themselves: their problems, their conquests, the unappreciative girlfriend, etc.

The more they find you a receptive audience, the more they'll talk to you and the less they'll want to hurt you.

Take Mental Notes

Always when held hostage, at every point in the experience, try to commit to memory everything you see, hear, and smell.

This information might be useful to law enforcement later, or even to guide someone to your location if you are able to call for help in some way (presuming you are taken hostage in your home and then moved).

Repeat in your head over and over again the details of your taking and of your time spent as a hostage.

The more you repeat to yourself the details you learn from your captors, the easier it will be to retain this information and give it to law enforcement later.

You must work hard to be the best witness you can be.

Assess Your Available Weapons

Pay very close attention to the objects around you and the opportunities available to you.

Are there weapons of opportunity that you can find and use?

Are there shards of glass or plastic, pieces of metal wire, heavy objects or even pieces of the building in which you are sitting, that you could use as weapons or to help you escape?

Are your captors becoming increasingly careless as they relax around you?

Have YOU left weapons in your home, ready to be accessed? (We'll talk more about that later.)

If you see an opportunity, take it.

If you can put your hands on an improvised weapon, even if you must save it, hidden for later, then do so.

WHEN TO ESCAPE

If you failed to escape during the initial invasion, your second chance is most likely when they finally start to relax.

Let's face it, it's hard to stay completely alert and vigilant at all times.

Hostage-takers are human just like anybody else.

As you start to show them that they can trust you, as you try to build a rapport with them and show them empathy, asking about their lives and their goals and pretending to understand and sympathize, they'll start to let down their guard.

When they finally do relax enough to create an opportunity, you must once again explode into action, doing your best to fight your way free of captivity.

The exception to this would be if they let down their guard so much that they're simply not around to stop you from leaving.

There have been cases of kidnap victims whose captors fell asleep, or even left them alone locked inside a house or other location.

The victims simply *walked away* and found help.

When Your Captors Are Distracted

An opportunity to escape may present itself when your captors are distracted.

This might be because you've got them talking and they're thinking about the conversation, or it could be that something happens that is completely beyond your control that takes your captors' attention.

Maybe the cops have stopped by on some routine visit or unrelated action and the hostage-takers are nervous and not paying attention to you.

That would be a great time to try to break free and get to the assistance those officers represent.

During Selective Relocation

There are times when your attackers may try to relocate you to a different location.

If there's no understood reason for the move, then you should do everything in your power to avoid being taken.

This new location will favor the hostage-taker(s) and your chances of survival and escape decrease dramatically.

However, if you know that there is a real reason for the movement, such as you're being transported to an ATM machine to withdraw money, then it's possible it could allow you an opportunity to escape or fight back.

You see, the most advantageous time to attack anyone is while they're in movement.

This is why protecting a client as a bodyguard during transit is one of the most challenging duties.

When traveling, every second is an "unknown": a potential traffic stop, an accident, a chance for you to simply break free and run away.

If you are on the move, this is an especially crucial time to look for your opportunity to launch a counterattack.

LAUNCHING A PHYSICAL ATTACK

You need every advantage you can come up with to level the playing field against your attacker.

Besides gaining a weapon, timing your attack can mean the difference between killing or being killed.

The element of surprise is absolutely crucial!

Here are some key opportunities where you can get the jump on them and quickly gain a tactical advantage:

When He's Not Paying Attention

Hoo-boy! There's an eye-opener, eh?

Who would have ever thought of that one?!

Well actually, what I'm talking about is when your attacker's MIND is not expecting your assault.

You see, there are certain times when the brain is unable to focus on an offensive response.

These are times when you can launch your attack and completely surprise your attacker and gain the offense for a better chance of defeating him.

For example:

- **When your attacker starts talking.** The brain is actually processing thought and the next words they're going to use and isn't necessarily expecting an attack.
- **When you've been asked a question and just after you've started to respond.** Again, your attacker's brain is focused on the normal "ask/respond" expectation and not looking for a counter-attack.
- **When you've been asked to move.** Again, your attacker's brain is focused on his intended reaction of you following orders to sit on the couch, move to another room, etc. But also, your movement is EXPECTED so you'll have a split-second advantage to begin your attack.

When His Back Is Turned

Ok...another obvious one, right?

When your attacker has his back turned or can't see the start of your attack. , but also make sure that your attack isn't detected in the reflection of a mirror or window that your attacker may be facing at the time you're trying to sneak up on him.

When Your Back Is Turned

When your assailant is moving you to another location with a gun trained on your back, he's likely confident that you won't attack.

Use your environment, such as mirrors or your reflection in a window, to gauge his location and swing around with a powerful strike.

When Going Up The Stairs

This picks up on the “movement” advantage in that while walking, your attacker is used to your body movement and won’t pick up right away on an attack.

When going up stairs, if you are in the lead, you actually have a physical advantage because your center of gravity is at a higher elevation than the man behind you.

In order to walk, your legs will have to be freed so a well placed kick to his upper body (don’t try for his head as it’s a smaller target and you may miss), will send him reeling back down the stairs.

For maximum damage, wait until you are almost all the way up the stairs so he has farther to fall.

You may even fake stumbling in order to bend forward and gain more power into your back kick.

In fact, even if your feet were bound and you were forced to hop up the stairs, you could fall forward and “donkey-kick” your attacker with both feet.

When Going To The Toilet

Ok, this requires some creativity, but it’s pretty damned sneaky...

Tell your captors that you have to use the toilet very badly.

They’ll likely tell you to forget it and just pea yourself.

So tell them that you have Irritable Bowel Syndrome and that the stress is going to make you explode with diarrhea.

Accepting the smell of urine is one thing...but your attackers may not wish to smell your feces during their stay at your home and they’re more likely to allow you to use the toilet.

Once you sit on the toilet, you may be able to grab the Cruciform knife I told you to hide there and stab your attacker on your way out.



Even if you're forced to keep the door open, if your knife is taped under the side of the toilet away from the door, you should be able to acquire it unnoticed.

Whether Escaping Or Attacking...EXPLODE!

Be forceful. Be bold. Never look back.

Your captors might be so surprised that you've suddenly decided to resist that they'll freeze with incomprehension or indecision.

You could gain valuable moments this way.

Besides, failing on your second attempt will certainly make them more cautious of your actions and you may be tied up or locked in a trunk, unable to make another escape attempt.

If you do get away, use your environment as you flee.

If there are weapons like chairs or other objects you can throw at your attackers or leave in your path as obstacles, do so.

Use the cover and concealment of buildings and of the rooms and hallways in those buildings.

Remember, you don't want to get shot in the back as you try to get out of there.

EXTREME SURVIVAL STRATEGIES

There may come a point at which all of your efforts have failed.

You may find yourself... and your family... bound.

You may have been knocked out in the initial attack or overpowered by multiple assailants.

Even in these cases, all hope is not lost!

You see, there ARE ways to escape from even the most impossible situations.

Even when you are a hostage, and even when you are bound.

But you ARE in great danger.

Here are some extreme strategies for extreme circumstances:

Interrogation And Torture

If you are interrogated or even tortured for information, don't try to be brave.

Tell your captors absolutely anything they want to know as long as that information will not hurt someone else (like government secrets or whatever).

ANYONE can break under torture, and if the torture is bad enough, everyone WILL break.

There's no such thing as standing up to torture forever when it comes to trying to withhold secrets.

It simply cannot be done.

Trained military personnel know this.

In keeping with this, whatever you do, don't make a big show of denying your captors the information they want, such as the addresses of vulnerable relatives.

Simply say you don't know the answer to a question you think might cause someone harm.

Don't admit that you know and then loudly refuse to tell.

You'll be tortured badly until you talk.

Unfortunately, withholding secrets is the least of your worries.

Sometimes people kidnap their victims specifically to torture and kill them because they ENJOY IT.

This is common in Iraq and other parts of the world in which terrorists kidnap, videotape, and behead their victims in order to send their message of terror to the world, but this just as easily applies to thrill-killers who don't want to leave witnesses behind.

If this happens to you, you need to think very carefully about the chances of being set free.

Realistically, do you think you can get away or that you'll be let go... or do you think your ultimate fate is execution?

Now I have to admit that I've never personally been tortured so everything I'm about to share with you comes from my research and investigation into the topic.

From my research and accounts of military personnel who have been tortured, the only way to withstand this level of cruelty to the best of your abilities is to fixate on the one thing that above all else is more important than the pain you're enduring.

We call this your "*Survival Why*" – your most important reason for living at that moment.

It may simply be thinking of the pain that your family will endure if you don't survive your own torture...

It may be envisioning your child going through the same torture you're going through and being thankful that it's not them...

It may even be the thought of the long, slow, horrific pain you're going to put your attacker through once you find a way to escape and get a chance to return the favor.

Regardless of what you choose, it must become the ONLY thing you think about as the pain is being inflicted.

It must become so concrete that your brain begins to attach pleasure to the pain rather than terror.

Of course you're not going to truly enjoy the pain...but it's a mental anchoring that may allow you to reprogram your psyche temporarily to overcome the moment and live to see this person pay for his cruelty.

Hostage Rescue

It's possible that you'll have other family members in separate rooms if you've all been captured.

It may be to keep you from conspiring or it may be that your spouse and children are being held captive and tortured individually.

Using the "extreme escape" techniques in this manual, you have a very high probability of freeing yourself and coming to their aid.

Your first task should be to contact help if at all possible.

If your attackers are well armed and the odds are in their favor of getting the drop on you again, that may even mean leaving the home to get to a neighbor's house and then return to save your loved ones.

Of course, if you've done your full prep work, you may even have a firearm or other weapon you can gain access to as you seek out your family to free them.

This is why it's recommended to consider hiding weapons not only in your home, but also in areas accessible outside your home such as your garage or tool shed.

In any case, assuming you're able to get to a weapon, you don't just want to storm around your home, running through the halls and shooting the first thing that moves.

It requires a tactical approach for "clearing" your home...

“CLEARING” YOUR HOME

Understand before we begin that this is very, very dangerous.

If at all possible, you should rely on law enforcement to sweep your home looking for dangerous people.

If you do this yourself, you run a very high risk of being caught unaware and injured or killed.

If you have no other choice, however, and you **MUST** check your home for danger, follow these basic guidelines.

Lighting Considerations

Clearing a home will far more often take place at night than during the day time.

Even if it takes place during the day, there are dark areas of your home, and places such as your basement or the interiors of your closet that are never very well illuminated.

If you are going to clear your home, you should have a portable, powerful light source.

That light could be a “tactical” light affixed to your weapon, or it could be any of several flashlights on the market.



Some lights are big enough to be used as clubs themselves, but they can still be wielded with one hand, allowing you to manipulate a handgun, or in the gravest extreme, wield a knife, with the other.

Move With A Purpose

You must move with your weapon, and keep moving, forever remaining a dynamic defender and not a static target.

You must carefully and methodically check each portion of the home, being aware that every intersection, corner, and dark shadow could conceal an attacker, who at any point could leap out and strike you or he may shoot you with a weapon of his own.

It's critical as you circulate through your home that you continue to move. If you stand still, you make yourself a target, especially if you are carrying a light that can act as a beacon in darkness.

Blink And Move

As you search, stay mobile, blinking the light and then immediately changing your position.



There was an old school of law enforcement thought that said you should hold your light (if it is separate from your weapon) far from your body and up high... as if your opponents would think a twelve-foot monster were stalking them through the darkness.

Obviously, that's silly... but the basic rule of blink and move, blink and move still applies.

Whenever possible, search over the sights of your weapon, keeping it pointing where you are looking.

Remember, with a handgun, it is the front sight that matters.

Line it up, point, and shoot... only AFTER you have positively identified a threat and there is no danger to people beyond and behind that target.

REMEMBER: You do not want to shoot a member of your own family!

Danger In The Doorways

Doorways are one of the danger areas in clearing your home.



An attacker on the other side of a doorway can use his body weight and the barrier of the door to knock you back or even do damage to you.

If using a handgun, keep your handgun far from the sweep of the door, preferably close to your body.

Do not put your weapon where a door swinging open can strike it.

When you open a door, do so widely, with your body as far from the opening of the doorway as you can get. Be very aware that someone could be behind the door, and also that the opponent could be farther away from the door opening, just waiting for you to be silhouetted in the door frame.

“Fatal Funnels”

If you are standing at the end of the hallway, you are standing in a “fatal funnel.”



You are silhouetted in what might as well be a bowling alley, just waiting for a projectile (that WILL feel like a bowling ball) to strike you in the chest.

Remember the old James Bond movies, in which Bond appeared through the barrel of a gun, centered as a perfect target?

That's what you look like when you stand in the middle of a hallway.

NEVER STAND IN THE MIDDLE OF A CORRIDOR.

Instead, use the walls and the corners to shield as much of your body as possible, staying wide of other doorways and corridor intersections.

Corner Control: “Cutting The Pie”

There is a classic technique for dealing with corners when clearing a building called “cutting the pie.”



To “cut the pie” means to take corners wide, giving you plenty of space in case an enemy is on the other side of the corner.

If you take the corner wide, rotating your body and your weapon to cover what is around the corner, there is less chance he can surprise you or tackle you.

Use this same “cutting the pie” principle when approaching open doorways and the entrances to corridors.

Remember: Every barrier is a potential hiding place, so STAY WIDE and stay mobile!

When You Find Your Foe

If you identify a threat during a home clearing, you can't afford to mess around.

There may be other enemies.

You can try to hold that invader for the police if you like but if you're dealing with multiple attackers (and be aware that even if it started out as a single attack, others may have joined while you were unconscious or separated), it's best to ACT DECISIVELY and remove the threat!

Aim center mass and don't take any chances.

Then move on to clearing the rest of the home.

Continue until you locate a loved one, free them, and then backtrack the same way you entered or to a safe exit and let them escape one by one.

Travel back through your same cleared path and continue with your movement until you've rescued your entire family.

Should you come upon an attacker in the same location as a family member and have the shot, take it!

Don't yell “FREEZE” or try to take him alive.

It only takes a split second for him to react without thinking and, realizing that you have him at a disadvantage, reach out and grab your loved one or simply kill them in reflex.

However, if you do come upon him and your loved one is in his grasp, let's say that he has a knife to your child's throat, you're going to have to make a judgment call.



- **Option 1:** Throw the gun down (which he'll probably instruct you to do) and hope that you'll be able to take advantage of his reaching down for it to rush him.
- **Option 2:** Throw the gun (or anything else you have in hand) at the attacker's face. We're naturally programmed to flinch when something is heading toward our face and the brain is unable to think "offensively" and "defensively" at the same time.

In that split second when his brain has recognized he must flinch away, you should already be in motion. Rush him quickly and reach for the knife or other weapon to pull it away from his hostage. Don't pull toward you, but rather turn the knife laterally to the outside of the hand holding it so you can leverage it out of his hand.

At the same time, yell to your child (or whoever) to "ESCAPE!" so they can get away no matter what happens to you in the process.

But personally, I'm looking at "Option 3" as perhaps the best alternative...

- **Option 3:** If you have enough of a target and are close enough, take the shot. The sound of the gun going off will shock his brain so much that it won't be thinking of an offensive action like cutting.

However, he'll most likely, out of protective instinct, crouch down and hold on tight to your child so you have to move forward upon shooting because the only other shot you're going to get will be at point blank range with the gun barrel buried in his body.

EXTREME ESCAPE TECHNIQUES

So far we've given you guidelines, methods, and techniques for coping with a hostage situation that evolves from, or is integral to, a home invasion.

We've also given you some information you need to consider in different types of home invasion hostage scenarios.

What we've not yet covered, however, are techniques for escaping specific means of keeping you captive.

These include situations in which you are handcuffed, taped, tied up, or held in the trunk of a car to be moved from your home to some location where you might be raped or murdered.



Handcuffs

Handcuffs scare a lot of people.



They're associated with being arrested, after all, and that's something no law-abiding citizen likes to think about.

The thing about handcuffs is that, while they're very strong (because they're made of metal), the locks securing the cuffs to your wrists really aren't that complicated.

Many handcuffs may be double-locked for extra security, which makes them harder to remove.

Most of the time, though, the person using the handcuffs won't bother to use this feature.

He or she will just slap the cuffs on you and trust to the ratchet mechanisms to hold the cuffs in place.

What you'll find is that it's remarkably easy to pop those handcuff locks if you learn how to do it, and especially if the cuffs aren't double-locked.

There are even videos on YouTube that show you in great detail how to do it.

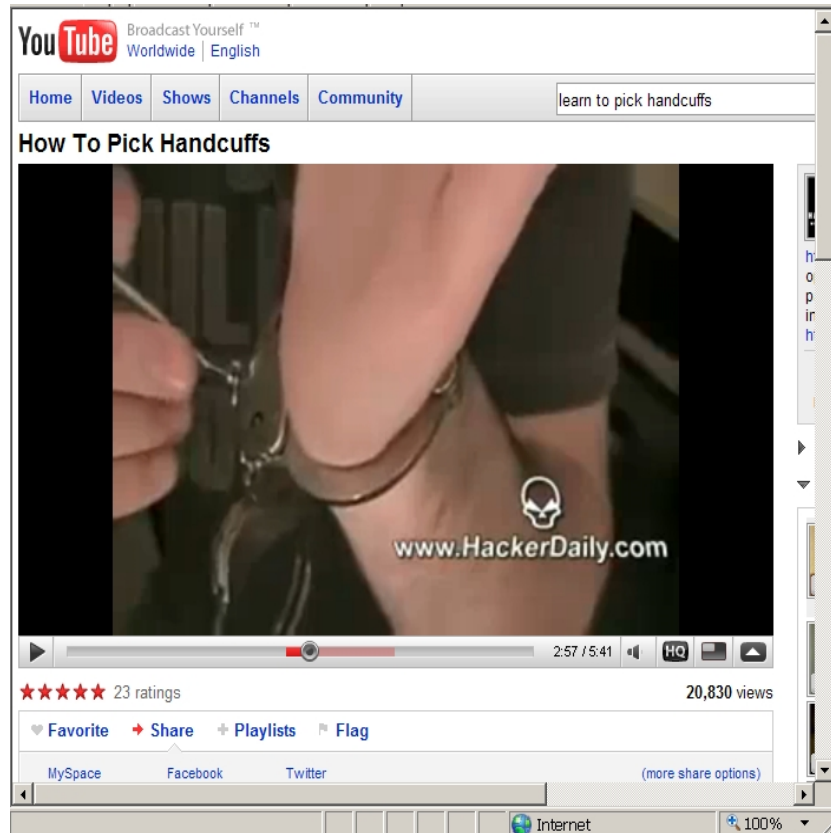
If you are someone who carries handcuffs for a living, or if for some reason you think there's a chance, day to day, that you might end up in handcuffs, you should consider carrying one or more spare handcuff keys on your person.

Most handcuff keys are the same and apply to a wide variety of cuffs on the market.

You can buy spare keys, or keys designed to be hidden and carried, from any number of supply houses on the Internet and through catalogs.

It's not such a bad idea just to carry a spare handcuff key on your keychain, if you don't hide one elsewhere on your body.

In Daniel Keyes' book, *The Minds of Billy Milligan*, Keyes describes how Milligan (the first person ever to use a multiple personality insanity defense, when he was brought to trial for armed robbery and rape) would routinely escape from handcuffs.





It seems one of Milligans' personalities, supposedly, was an escape artist. Milligan carried around Bic pen caps cut in half, which apparently he used as improvised handcuff keys.

Any handcuff can be defeated if you are capable of compressing your hand to the side of your wrist.

Some people who are "double jointed" can pull this off.

It's something you might be able to learn to do, in time, but don't hurt yourself if it's not going to be physically possible for you.

This is the method that famous escape artists use (when they're not using hidden keys to pick the locks).

They're simply slipping out of the cuffs and manacles because such shackles, physically, can't be any tighter than the wrists around which they're secured.

If you can get your hand squeezed to the size of the hole in the handcuffs, why, you can just slide right out.

Expect to scrape yourself up pretty good doing this.

As unpleasant as it may sound, remember that your own blood is a natural lubricant.

Bleeding wrists just might help you slip out of a pair of tight cuffs.

The lubrication of your blood might make the difference.



If you're captured (maybe at gunpoint) and forced to handcuff yourself (possibly because you're a security guard or cop and somebody's got the drop on you), if the hostage-taker isn't watching too closely, you can fool him by ratcheting one wrist cuff while slipping the end of the other wrist's cuff outside the locking box of the handcuffs.

Tension will hold the cuffs in place until you have the opportunity to break free.

Duct Tape

Duct tape and even packing tape is often used to secure victims of kidnappings and other hostage-taking situations.

The thing about such improvised bonds is that they're really *not* that strong.

They're nothing to scoff at, no, but tape, especially duct tape, is meant to be torn at an angle by the user.

This means that if you can get the proper leverage and the right angle, you can tear it and free yourself.

If you can find a tool of opportunity, like a piece of wire or a shard of plastic or glass, you can try to saw at the tape or even poke a series of holes in it to weaken it.

Anything that you can find that helps you defeat the tape could then be used to help you defeat the attacker, as well.

Hell, throwing a wad of tape that was formerly keeping you tied up might even give you a moment's distraction.

You have to use absolutely anything you've got to give yourself a chance to escape.

Your life depends on it.

Especially if you're tied to an object (a pipe sticking out of the wall, a chair, whatever) you can use principles of leverage to yank the duct tape, explosively, at an extreme angle.

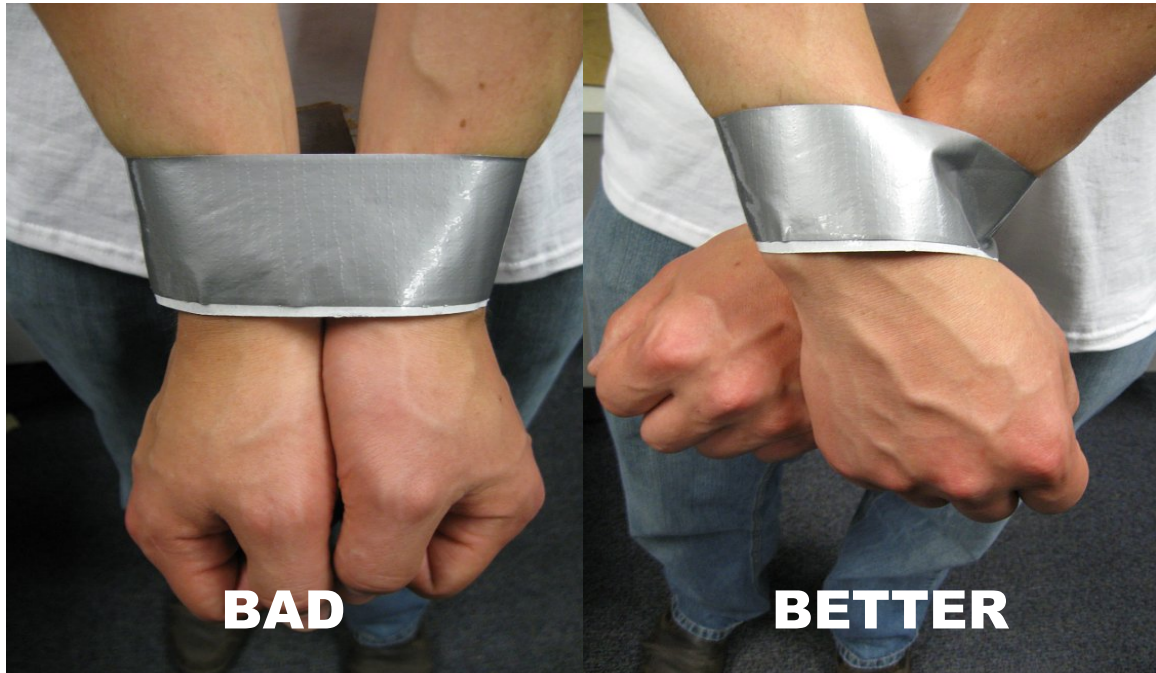
Move your elbows out and your hands down, as if your arms are scissors. Keep doing this until you pop the tape or manage to stretch it.



Speaking of stretching, before you are taped up, you can help make it easier to escape.

If you can, cross your wrists when you present your hands to be bound.

Crossed wrists give you more room to break free than wrists that are side by side when they're taped up.



Rope

The same principles can be used when someone is tying you up with rope.

Do everything you can to make yourself bigger than you are.

Flex your arm muscles.

Expand your chest by taking a deep, deep breath (but don't do this too obviously).

Push every part of your body out as far as you can do so, in a subtle way.

This was one of the ways Houdini defeated being tied up with ropes.

The trick is that when you're ready to escape, you exhale deeply and make yourself as small as you can.

This gives you "wiggle room," room to work so you can try to get out of the rope.

It's actually very difficult to tie someone securely with rope in a way that leaves them no room to wiggle out, especially if they're using these breathing and stretching tricks.



"Escape artists" rely on these facts to put on parlor tricks such as inviting members of the audience to tie them up, sometimes betting money on the results.

Fire, such as from a handheld lighter, can be used to damage rope (or tape, for that matter) to make it easier for you to break free.

Just understand that you could burn yourself very badly while you employ this method.

If the choice is between burning your wrists and being raped or killed, we imagine you'll be okay with getting burned.

A Car Trunk

In 2006, a pair of teenaged brothers burglarized a home in Rochester, New York, a large upstate city.

The homeowners and their two-year-old daughter came home late at night and ran into the pair in their own garage.

The two murderous rapists, thugs well on their way to lives as career criminals, forced the family into the car and would later molest the wife in front of her husband and child.



The thugs reportedly drove the family around in the trunk for quite some time.

While they did it, they were talking about killing the family.

Only when an acquaintance decided it “wasn’t right” to kill a two-year-old did tips phoned into 911 lead to the rescue of the family, who will never view life the same way again.

And it all started with a home invasion... and then a car trunk.

The first thing a lot of people worry about, when thinking about being held in a car trunk, is running out of air.

This isn’t really a concern.

Very few car trunks are completely air tight.

Smothering to death really isn’t your first concern (and chances are it isn’t even *remotely* an issue).

Back in the days when cars usually had full-sized spare tires in their trunks, conventional wisdom was that if you were worried about having enough air, you could bleed the valve in the spare tire to release the air trapped inside it.

These days, most cars have their spare tires tucked away in very inconvenient locations.

Often those spares are small donuts, and those donuts are hopelessly inaccessible either under the rear of the vehicle or under a panel in the bottom of the trunk.

If you're lying on top of that panel, it's very unlikely you'll be able to get to the spare... but again, you're not going to smother, so don't worry about it.

Earlier, we said that when in a hostage situation, you should try to remember anything you can.

Sights, sounds, smells... these are all important.

When you're locked in the trunk of a car, they become even more important.

If you get to wherever you're going and later have the opportunity to call for help (because many of us carry wireless phones), being able to remember the sounds you heard as you traveled *might* help lead rescuers to you.

It may even be the case that you're on the phone with the police while you're being driven around in the trunk and you can recount any details you can to give them tips to your location or destination.

In addition, cell phones can be tracked through cell companies to their actual location.

When you're trapped inside a car trunk, look for an escape handle. Many modern cars have a safety release specifically to stop people from being trapped in the trunk.

(Some even include a cute little graphic that shows the former captive springing free!) Often these are designed to glow in the dark, so that someone trapped in the trunk can easily find them and use them to get out.



Someone who intends to hold you hostage in his car's trunk, someone who has bothered to think his plan through, will probably have removed or somehow defeated such a safety mechanism.

Just as you can set some cars to "valet security" by setting the trunk so it can be opened only with a key, and not the dashboard trunk release button, it's possible to defeat these emergency safety releases.

(Just cutting the handle off so you can't find it in the dark would do the job in most cases.)

Most if not all newer cars have fold-down rear seating, which allows access to the trunk from the rear seat.

This goes both ways (though there may be latches to defeat).

If you are trapped in the trunk, you might be able to push your way through from the trunk to the back seat.

This would only be an advantage to you if the car is parked and your captor has left you there alone temporarily.

If you're moving down a highway at speed, though, and you can claw and worm your way into the back seat quickly enough, you might be able to do this before he can slow the car enough to devote his full attention to stopping you.

It's a risk either way.

Another thing about car trunks is that they're very rarely, if ever, completely empty.

There'll usually be items inside that you can use as weapons or as tools to help you escape.

A tire iron or screw driver can be a weapon, and either one can also be used to force the trunk latch from inside.

(Simply press your improvised lever against the latch as hard as you can to pop the latch.)

Using one of the items you find in the trunk, you might be able to pop out a taillight.

If you're traveling down the highway, you can then shove your fingers or the tool you used out the taillight hole, hoping to get the attention of the police or a passing motorist.

(If you're still worried about having enough air, you've just created an air hole, too.)

If you can find a fire extinguisher inside the trunk (and few people carry these anymore), you could spray your attacker as soon as he opens the trunk to remove you.

If you were bound when you were put in the trunk, you can free yourself from these bonds as we've described in this module, then be prepared for when the trunk opens.

Your captor is in for a nasty surprise.

Anything you do find in the trunk can be used as a weapon when you eventually throw yourself, explosively and violently, as your captor when that trunk lid springs open.

Trapped in a car trunk, your goals are to escape from whatever bindings keep you immobile, then find a weapon or simply prepare yourself to spring out and attack when the trunk opens again.

If you can cause damage and get the attention of other drivers, so much the better.

If you have a phone and can call for help, that's good too.

Listen carefully to what's going on outside the trunk, stay calm, and remember that your survival depends entirely on your willingness to do whatever has to be done.

RAPE SURVIVAL

One of the ugliest crimes and one of the worst permutations of any home invasion, kidnapping, and hostage situation that a person can face, is *rape*.

It may happen while you are restrained, and often does.

It may happen when you are not restrained.

But it happens.

While rape affects women more often than men, it would be foolish to assume (if you are a man) that you cannot become the target of a rape.

Sexual predators don't care who or what you are, in some cases; they just want to use you for their own gratification.

They don't care about your feelings, they don't care if you're hurt, and they're not interested in showing you any kindness, pity, or mercy.

(If they had these feelings they wouldn't be engaging in rape!)

Remember what we told you about Sanford Strong's advice in *Strong on Defense*.



Never, ever let yourself be taken to a second location if you can help it.

The time to resist a rape is at the moment the attacker tries to take you.

Make sure your wives and daughters know that meek compliance is not the way to stop a rape.

Instead, shout, scream, fight with all your might, make the worst scene you can possibly make... because if you don't resist the rapist NOW, you may not get the chance again.

You may be left bleeding, violated, and never to be the same again... or you may just be dead.

Worse, the victim of a rape may be sentenced to an eventual death, or to a life living as a stigmatized victim of an incurable sexually transmitted disease.

Rapists, by their nature, have a greater chance of carrying these diseases in the first place, for obvious reasons.

When a man rapes a woman, he subjects her, against her will, to his less than reputable sexual history.

She may contract HIV from him and die from it.

She may contract a curable disease... or she may catch something like herpes that she'll have to live with forever.

In at least one famous case, a woman who was being attacked and raped, knowing she couldn't stop the rape from happening, asked her attacker if he would at least use a condom, to prevent her from the risk of disease.

Her desperate plea was used against her in court.

The rapist's lawyer tried to claim that her asking him for this consideration meant that she was *consenting* to the sex, and thus he was not, in fact, raping her.

It is to your advantage, then, to prevent a rape from ever starting.

The same basic rules of awareness and avoidance apply as in all self-defense situations.

Know where you are and what is happening around you at all times.

Check your car before you get into it, and know if there are people nearby as you are walking in public places.

If you think someone is following you, get to someplace public (and preferably crowded) as soon as you can.

We cannot stress enough that awareness, awareness, awareness is the key to avoiding a rape scenario before it can begin.

If you are taken and held for purposes of rape, the same basic hostage rules apply.

They are complicated, however, by the act of rape itself.

It's fine to follow the guidelines we've given you until your captor decides that it's time to assault you sexually... but at that point, things change.

You may choose to resist, perhaps even during the act itself.

Your attacker is understandably distracted while he's trying to have sex, after all. You might be able to hurt him if you can grab for some environmental weapon.

You could also grab for... well, *him*, twisting and pulling his balls with all your might as if you're trying to rip them right off.

Be aware of one danger: If you do not succeed in distracting him and getting him off you so that you can escape, he may become so angry that he'll hurt you or kill you in retaliation.

Your other option is total compliance.

This is the "Just lie back and think of England" approach.

If you let him have what he wants, he may be satisfied and he may let you live.

Bedroom Escape Trick

- A home invader will most likely tie a woman's hands and feet to the four corners of a bed to rape her and keep her in that position for perhaps days.
- Tape a small razor (with one side covered, such as used for hobbies) to the back of both of your bed's posts/rails/etc. Make sure it is out of sight but at a level and close enough so that it can be reached by a woman tied to that post.
- When possible, the woman can reach for the razor and, if tied up, can cut her way free.
- The razor now becomes a deadly weapon if used correctly. The best targets to aim for are the eyes and the carotid artery along the side of the neck.

Rape has long been described as a crime of violence and dominance.

It certainly is that.

What is often forgotten in describing it like this, though, is that it is also a sexual crime.

I mean, let's be real: The rapist may get off on the power of taking you against your will, and he may have other issues that drive him to hurt women, or to attack women of a certain race or hair color and so on... but also fundamentally, he's trying to rape you *because he wants to have sex with you*.

If he gets what he wants, he may be done, and he may leave... or he may murder you so there are no witnesses.

There are no easy answers as to what to do in this situation.

Just remember that no one has the right to assault you sexually.

Do whatever you can to prevent it.

Do whatever you can to survive it.

IF HELP COMES

Remember: Don't expect a fast rescue, especially if you've been taken hostage in your home and no one knows you are in harm's way but no hostage situation lasts forever.

You just have to survive until this is over or until you have the opportunity to strike back and/or escape.

If you're fortunate or were able to contact emergency personnel, it may be the case that law enforcement or military action results in you being freed.

You can't count on this and you have no idea how long it might be before this happens, but it is possible.

Remember the 2009 incident where Somali pirates were shot dead by Navy snipers in order to free the captured ship Captain?

What is important to remember, when help does come, is that things are about to get very violent very quickly.

The rescuers will aim to subdue or kill the hostage-takers as quickly as possible.

Whatever you do, don't get in the way of that action.

If a rescue mission unfolds suddenly around you, get down on the floor and stay as low as possible.

Keep your head down and put your hands on top of your head if it's possible.

Don't move and don't talk.

When the rescuers take command, do exactly as they say immediately, complying with all instructions.

Expect them to treat you roughly and perhaps even to cuff you or otherwise secure you.

They have no way of knowing you're not one of the hostage-takers and they won't have time to debate this.

They'll want to secure the area and everyone in it first, then sort out who is who.

Don't hold this against them.

Just do your best to stay out of the way and stay alive until it's all over.

Once the rescue has been completed, remember that your job is to be as informed a witness as possible.

All of the information you committed to memory before will be useful to your rescuers.

They'll probably want to question you — to debrief you in analyzing what has happened.

Be patient, be cooperative, and above all, be grateful.

They've saved your life.

IN CLOSING

Just having gone through this short lesson plan, you're already much more prepared for an attack that happens unexpectedly in your own home.

The mental exercise you bring to preparing for such a brutal crime will help you assess your current resources, options, and areas requiring more attention.

Now is the time to fill in any gaps you may have that are holding you back from having a solid action plan that can instinctively be carried out in response to the unexpected.

Look at your home security plan...discuss crisis response with your family...conduct family emergency drills for a variety of crises...and find a practical training program in a "reality based" martial art or self defense system that will teach you the hardcore skills you can use when violence is your only option for survival.

Be safe!

A handwritten signature in black ink that reads "Jeff Anderson". The signature is written in a cursive, flowing style.