

1: Survival, Evasion, Resistance and Escape - Wikipedia

Escape and Evade Basics (This is a quote from the Honor Graduate of Ft. Bragg's S.E.R.E. (Survival, evasion, resistance, escape) school. Brian Adams is the number one expert in the country!).

Basic Water Rescue Techniques Water Rescue Basics “ How to Assess a Water Rescue Scenario This section covers the system, prioritizing casualties, planning a rescue, and steps that anyone can follow when they see someone that needs help in the water. It is simple water rescue policy you can teach your friends and family, including children. A person who panics cannot think clear. Shout for help as loud as you can. Ask everyone else to clear the area. Ensure there will be no immediate danger to you while attempting the rescue. Animals, electricity, fire, etc. Use land-based rescue techniques in the order given. If you cannot perform a land-based rescue, call the emergency services. Unless trained in water rescue protocol, never enter the water to save a victim. A drowning victim can pull you down with him. Even when trained, entering the water is a last resort. It is a good way to oversee a designated area. The 10 stands for 10 seconds. You scan the designated area e. The 20 means you should be less than 20 seconds away from getting to any swimmer in your area. When there is over one victim, rescue them in the order given. Casualty Priorities The general rule of thumb is to rescue those making the least noise first and the unconscious last. The 4 types of casualties in order of rescue priority are: Unable to swim and often vertical in the water. They may grab hold and drag you down. Can swim but either exhausted or in some other distress. Usually in a forward position trying to swim. Often cooperative in a rescue. Can keep themselves afloat but have an injury they may or may not tell you about. Look if they are holding their injury and be careful of it during the rescue. Often floating motionless and face down in the water, but can be at any depth. Rescue the unconscious victim last. You do not want to waste time you could spend rescuing a victim with a higher chance of survival. Recognizing a Distressed Swimmer A distressed swimmer is any conscious swimmer that is having trouble in the water. If he does not find safety he can become an unconscious swimmer. You must learn how to recognize the distressed swimmer so you can rescue them before it is too late. There are 2 basic types of swimmers in distress: The non-panicking casualty knows they need help to get to safety. They will try to communicate this to you. A panicking casualty is likely to already be in the drowning phase. He will thrash around trying to keep afloat. He may try to communicate either silent or noisy but it will be ineffective. Water Rescue Drills “ Making a Plan It is very important to create a plan of rescue instead of acting straight away. The human brain can process a lot of information at great speed, even in high-stress situations. Once you recognize a casualty, it will only take a few seconds to assess the situation. This will keep you safe and will also give the victim the best chance of survival. The first thing you should look for is danger. Why is the victim in trouble in the first place? Is the danger still there? Use the information you gather and the knowledge of your own abilities to decide the best form of rescue. Due to the endless possibilities of scenarios you will need to be very flexible. For example, should you take the time to find a rescue aid? And if so, which water rescue aid is best for the situation? Here they are in escalating order, i. Watch the victim as much as possible while preparing his rescue. This way, if he goes under you can tell others the best place to look. Shout and Signal Your victim may be in a panic. Sometimes giving simple instructions will be enough for him to save himself. Get his attention by waving and shouting. Then, in a loud, clear voice, tell him to kick his legs and push towards you or the nearest safe spot waters edge, shallow water, etc. Throw Rescue Look for something the victim can use to float on and throw it to him. The object must be small enough for you to throw but buoyant enough for the casualty to use as a float. Aim it so the victim can reach it, but do not hit him in the head. Allow for wind and current and aim upstream of the victim. Once he has the object, instruct him on how to paddle to safety. Unless it presents more danger, he should swim with the current. Tossing a rope is also a throw rescue. Throw one end of the rope to him and then help to pull him to safety. Reach Rescue Find something you can reach out to the victim with from dry land, e. Lie down at the edge of the water while reaching out. If possible, also hold on to something. Lying down and holding onto something prevents the victim from pulling you in. Water-Based Water Rescue Techniques In this section you will learn 4 basic water rescue methods for when

land based rescues are not possible. Only use water-based rescues if land-based rescues are not possible. Like land-based rescues, water-based rescues have a preferred order of use. Here they are in that order. Wading Rescue The wading rescue is good in shallow water up to waist deep. Any more than that and it turns into a towing rescue. Also, the victim must be conscious. Find a rescue aid and enter the water as close to the victim as you can while still keeping safe and out of his arms reach. If possible, keep hold of something on shore. Instruct the victim to grab onto the aid and pull him to safety. Boat Rescue When there is a boat nearby and you know how to use it, you can use the boat rescue. As a general rule, avoid bringing the victim on board the boat. For an unconscious victim, it is best to have a second rescuer hold his head above water as you drag him to safety. A solo rescuer will have to bring him on board. Be careful not to capsize the boat as you do so. If he is calm, he could even hold on to the boat although this is risky with a panicking victim. There are many situations where you will have to bring the victim on board. For example, if there is something dangerous in the water or when the distance to land is very far. Remember to be flexible. Swimming with Water Rescue Aids This is same as the wading rescue except you swim the rescue aid to the victim instead of wading. It is useful for conscious victims in deeper waters. Swimming while holding water rescue aids requires prior practice. Also, practice taking off your clothes while in the water. You can use them as an improvised rescue aid if you are already in the water when someone needs help. Like the wading rescue, be sure to stay out of arms reach from the victim. Using the aid is much safer. Help drag him to safety and make sure you are stable before helping him onto land. Swimming Rescue Methods – Tow Rescue Towing is when you have to grab the victim and bring him to safety. This may be for an unconscious victim, because you have no aid, or because the person is too panicked to grab your aid. The latter is the most dangerous as they may drag you under the water. There are several types of rescue tows and the one you use will depend on the specific scenario.

2: Escape, Evasion, and Survival Archives - Survival Fitness Plan

Escape and evade scenarios are essentially a game of cat and mouse and it's always great to try and throw that cat for a loop when being chased. When doing this you buy yourself some time as well as slow down the opposition.

Escape and evasion maybe your only choice in some instances. Distance This is going to be the first step in your escape and evade process, putting distance between you and your captors is vital and must be done quickly and effectively. Essentially what you want to do is run for your life as fast as you can, but there is a little bit more to it than just that. You want to run in a direction you know will be safe or where you can eventually find safety. With that said you still want to make good time and get out of dodge so to speak. To do this you want to cover any footprints you can whenever possible. Another thing to consider is any waste you leave behind, be sure to bury any trash bodily wastes. Fires are a bit of a controversy when it comes to this sort of thing as they are obviously quite visible but if you decide you need one take caution and be sure to make it as low key as possible. Use any camouflage available if you have the time consider making an improvised ghillie suit. You can do this by attaching the natural foliage like grass and tree branches to your clothing. Doing this will help to break up the natural outline of your body. Make use of mud and dirt by rubbing it on your skin this will further add to your over all ability to blend in with your environment and help in your escape and evasion process. The next thing I would recommend is to be sure to cover or dispose of any reflective surfaces. Surfaces like these can ruin your escape no matter how sneaky you are. My last tip on blending in is to be aware of your surroundings pay attention to the birds and animals around you as they will often alert you of danger coming. When doing this you buy yourself some time as well as slow down the opposition. One well known tactic to do this is by doubling back. To do this you throw off the track team by making a U-turn towards them but out of there line of sight. Another way is to use streams or water crossings whenever possible the reason for this is that is very hard for even experienced trackers to track a person through water. Also effective is to walk on rocks or hard ground so that you leave as little of a footprint behind as possible. Thanks for reading and be sure to comment and check out the rest of our posts on the blog.

3: RE: Awareness & Scout Skills

Survival, Evasion, Resistance, and Escape (SERE) is military training to evade capture, escape from confinement if you are captured, and survival skills. You might have to break zip-ties, pick a lock, or create a diversion.

There is a lot of information out there for traditional battlefield Escape and Evasion. With the realization that the majority of us live in an Urban Environment I wanted to specifically take a few looks at Urban Escape and Evasion. The first article is a simple one, and one I feel will help form the basis of Urban Escape and Evasion. Today we are talking about the Urban Escape and Evasion bag and its contents. Escape and Evasion is an interesting topic and it should be defined so you understand what this bag is for. Most people will never need one, but the knowledge weighs nothing and I wanted to share my Urban Escape and Evasion bag. The idea is simple. Someone, or a group of someones, is searching for you with motives that are not exactly nice. This bag is to help you hide and stay away from them with a focus on the Urban Environment. I feel that the addition of a firearm is a risky one. On a day to day basis, I have a firearm on me anyway. Also, if my focus is on escape and evade I am not looking to fight. The Vertx Commuter is a big sling bag, and one of my favorites. The Vertx is built tough, and very easy to organize with its total of four pockets. It even has a small pocket in the rear designed to carry an armor plate. The bag itself is perfect for an Urban Escape and Evasion bag. People are going to be out there using their eyes to find you, so make it hard for them. Help yourself blend in a bit better. This is my Urban Escape and Evade bag, so keep in mind its built for me. Beard Trimmer and Razor As a big bearded guy, the first thing I want to do is get ahead of a visual description of me. This means trimming my beard down to as low as possible and if possible getting a completely clean face. A battery powered beard trimmer makes short work of a long beard. The trimmer will even give me the ability to cut my hair down to nothing if I need to. Sunglasses Another way to help myself blend in is to toss on a pair of sunglasses. My sunglasses of choice will be familiar to many of you and are Gatorz. They are rugged and well made, plus they are polarized. They are more than just a disguise. Extra Clothes Clothes can be a bulky addition, so I pack a light pair of clothes that will typically be the opposite of what I normally wear. I never wear shorts outside or working out and the beach and tend to stick to dark colored shirts. So, my disguise clothes are board shorts and a bright blue t-shirt. I ball them up well to help conserve room in my Urban Escape and Evasion bag. Tools Tools are just that, tools to work with should you find yourself in a pinch. Nothing too niche or specific. Flashlight You should always have a flashlight and right now you have tons of options when it comes to well made, bright, tactical flashlights. Do I really need to explain why you need a flashlight? Because it gets fucking dark. A tactical light adds options like momentary on, and typically can be used to break glass, and as an improvised weapon. This is a traditional Tac light in a lot of ways, but it also adds a level of rechargeability. The Triad DF comes with a charging cable, as well as a wall charger and car charger. This opens up your power options significantly. Multi-tool One of my all-time favorite multi-tools, the Gerber Suspension, is my go to. The Suspension is a lightweight, but very well made multi-tool. It packs 12 tools in a pocket-sized package. A multi-tool is an invaluable option for an Urban Escape and Evasion bag. It allows you to complete any number of small tasks in a quick and effective manner. From breaking into buildings to breaking out of zip ties a multi-tool is a must have in any Urban Escape and Evasion bag. Bandana A bandana can do a few different things and falls into a wide variety of categories. It can be made into a weapon with the addition of some kind of weighted item, it can change how you look, provide an improvised mask, and even help dress a wound. At the end of the day, it can simply wipe sweat from your brow when necessary. It may not seem like a big concern in an Urban Escape and Evade situation but your goal is to not stand out. You may remember Epic Wipes from Crate Clubs past. These massive wet wipes are a shower in a bag. You can clean dirt, grime, and blood off yourself quickly and easily. These wipes will make you feel better and look a little more discrete. Compass A compass is like a multi-tool, do I really have to tell you why you need it? If so, you are in the wrong place. A compass gives you a bearing, and bearing is crucial to finding your way home or at least getting you someplace safe. Just have one, any kind will work. Medical Gear You may need to patch up boo-boos and black eyes, apply tourniquets and clean wounds. It comes either

as an empty pouch or filled with medical gear. The gear is made for one big wound but can be a lifesaver. Its small size makes it a must-have Water Bottle Carrying a full water bottle is an option, but throughout the day to day it could easily leak and soak everything. This may render some gear useless. I like having a small, reusable water bottle I can fill up at any tap. Of course, you need water to live, and if you can you should take every chance possible to refill and stay hydrated. This is another reason I like a reusable bottle. I may need more than 16 or 20 ounces. The Firewater Plus water bottle is perfect for my needs. It collapses for space savings, holds ml of water and doubles as a rechargeable lamp. Its lightweight, but robust, and perfect for storing in an Urban Escape and Evasion bag. Offense and Defensive Capabilities. For this role I go with a knife, but not just any knife. These knives are straight killers. They are incredibly strong, feature obnoxiously sharp blades, and come with the most excellent wave feature for a rapid opening. Additionally, the Crate Club Neck Knife is a small, and discrete means to stash a knife around your neck or even take a tip from prisoners and attach the chain to your belt and run it down your pants. This curved beak blade is small, but fierce and will allow you to rip and tear through the flesh of those foolish enough to fuck with you. Lastly, the Crate Club tactical pen is the most discrete, last minute weapon on the list. This stabbing tool looks and acts like a pen, but features a carbide tip for deep penetration. It can hold the essentials. A small knife, handcuff keys, a light, a lockpick or two, some cash, and other small, but necessary goods. Additional Items Here are a few additional items that may be a handy addition to your Urban Escape and Evasion bag.

4: Escape and Evasion

20 SWATMAG.S.W.A.T.Â»JANUARY COM Escape and Evasion (E&E) can encompass a myriad of situations, from fugitives escaping justice to civilian kidnap victims in the Third World to military personnel.

Real Life Edition , understanding specific and efficient escape and evasion tactics can be highly critical. Often, it can feel as though we each create our own personal prisons in our day to day lives; this is not, however the case in times of crisis, or rather when SHTF. These skill sets could mean the difference between life or death: Proper prior planning prevents piss-poor performance. This rings true for nearly all planners and preppers and should be reflected through their everyday practice and study. Proper plans, when they are formulated ahead of time, are virtually guaranteed to help preppers and survivalists alike to not only better execute projects, reach their goals, and fulfill their visions of endurance, but in the case of escape and evasion, save their lives. The ability and the action of being able to adapt to the situation given also holds great magnitude. Being able to adapt extemporize with changing conditions is a vital survival skill and may possibly save your life on more than one occasion. The aptitude to establish your location, where you plan on ending up, along with the ability to proceed from point A to point B is, too, of grave importance. Ineffective navigational skills will cause nothing more than stumbling, confused, lost sense of being. This can cause a number of things to go awry. Inside of navigational skills, understanding map-reading and compass use are unparalleled by any other attainments. It does not take very long at all to acquire these skills. Some simple study and practice can hone these skills in nicely. Tracking Techniques Learned From Our Ancestors Understanding these skill sets early on in your prepping stages can save you a ton of heartache when shtf or before, if you intend on becoming anything outdoorsman-like for the plain sake of knowledge. Whether you have been kidnapped, taken hostage, or have become a prisoner of war, there are many things you need to know for a successful escape. Comprehension in lock-picking, understanding how to adequately get over fences, knowing how to break through walls and dig tunnels can prove to be much-needed knowledge in captured scenarios. A brick wall, for instance also most common , is one of the easiest to break through. One can use an improvised chisel to continually scrape away the mortar around a single brick, and moving out from there. Saving the mortar scraped from the bricks and mixing it with water or urine, you can make-shift hide your handiwork from the plain sight of a guard or captor. Stone walls are typically extremely difficult to pierce. This is due to their brute thickness. The same method for busting through brick walls can be utilized here, only you must understand that the time until accomplishment is at least doubled. Their construction plays a major factor in the plan of escape. The type of wire that makes up the fence will control your decision on how to conquer it. Common fences faced may include: Link and Mesh Fences- Most fences are constructed by weaving metal links together. This sort of fence can typically be easy to cut, and if done so in a set pattern, can make for a timely escape. Rigid Mesh Fences- Used in most prison environments are best climbed using an improvised claw grip. Razor or barbed wire may be overcome by improvising a cloak of sorts. Upon approaching the wire, throw the cloak over the wire and roll overtop of it. Electric Fences- These can make for a finicky barrier to cross. Be aware that the fence may be set to intermittent pulses, so it may be of use to prolong the testing simply to be sure. Tunnels- Although tunneling to escape was extremely popular during past wars, this day in age, they are a bit more unorthodox. Nowadays it is best to use the tunneling method for short, easy runs such as digging under a fence. Preparation go figure - You must devise a sensible, workable plan well before you attempt the escape and initiate the evasion. This means preparing yourself both mentally and physically. Saving and useful escape and survival equipmentâ€™” Conserving durable foodstuffs to be utilized as evasion rations can be a major key to surviving the scenario. It is also wise to collect any items at all that may prove to be practical for tools or weapons. A fun way to prep yourself for utilizing such makeshift tools is to practice making hand-made tools from old junk in your shed or stuff from a scrap yard. This will allow you a good idea of just how ingenious you can really be with seemingly nothing. Practicing covert movementsâ€™” This means making full use of proper camouflage and concealment. Try to always stick to a route that provides efficient cover. When forced, by nature, to travel in the open, use the concealment of nightfall and darkness.

Invariably practice patience and confidence. Evading Pursuit by Tracking Dogs: History allows that even up to present day, tracker dogs have been utilized for thousands upon thousands of years. Ground scent happens as the escapee, unavoidably, crushes vegetation and insects, breaking the surface of the ground with each pound of the foot. Ground scent can last up to 48 hours. The main remedy for escaping the clutching jaws of a pursuit dog is to rapidly increase the distance between you and it or them: Human trackers or scouts are certainly not the simple characters who play the seemingly unimportant roles in nearly every Hollywood produced western. No, in fact, they have played keen roles since the days when man first induced those skills simply to fill his need for food. As the aggressive nature of man finally turned on his fellow beings, scouting became an employment to locate enemies. Trackers have been used with great success for centuries to locate and follow enemies, to round up wanted criminals, and to recapture escaped prisoners of war. In understanding evasion, one must first understand the doctrines used by the trackers themselves. This is the only way to create the ability to use the proper countermeasures to avoid recapture. A tracker relies on some specific signs that are left behind by an escapee. These signs are used to detect the presence and direction of his target.

Temporary Signs This class of signs is made up of the unavoidable marks left on the ground. These can be seen as any disturbance of the earth and of the leaves and sticks, dead bugs or insects, or any tumult to the local wildlife. These signs are considered temporary simply because, after a short while, weather and vegetation will eradicate them.

Permanent Signs These can be made up of cut or broken branches shrubbery, undergrowth, etc.

Top Sign Considered as signs in vegetation growing above knee height. It is important to consider the size of the group that the tracker is tailing; the bigger the group, the larger the top sign.

Ground Sign Here, the name implies all this is the disturbance of the path itself. These signs can be of the following nature: Broken sticks or twigs or disturbed leaves Sand-strewn across rocks, leaves, etc. Broken spiderwebs Dropped items such as confectionary wrappers, tatters of clothing, or even string pulled from a garment

Slide marks Cut branches or vines

Campfires There are a multitude of varying factors that contribute to the tracker and his exposition. These are all well-worth looking into for further understanding of evasion tactics. These varying factors can be anything from the size of the party being tracked, the spoor footprints left behind on the trail, the terrain of the area, the weather, campsite remains, and even the direction or route being taken. Unless properly executed, any efforts at evasion will be in vain and may risk the confirmation that the prey is changing direction.

Walking backward This tactic may be performed best by walking backward, putting your weight on the heel and lifting the knee slightly in order to mimic the action of walking forward. Be wary of loose dirt or sand that may be dragged in the direction of movement.

Brushing the track or masking movements In an urban environment, zig-zag movements will prove to be more effective than moving in a straight line. Always make it a habit to continuously check behind you. Utilize alleyways, shadows and the sides of buildings for cover.

Avoidance of flagging Flagging is when you crush the vegetation, grass or leave an obvious trace of trash in the path behind you. This will leave clues for a tracker that very well may lead to your capture. Always be aware of how your route is affecting the surrounding habitat. Attempt to look are your path through the eyes of the scout; think as they will.

Crawling This can help in the sudden absence of any stop signs. The best time to employ this method is when you come across the trail of a large animal. The signs you leave behind could become confused with those left by the animal. A final bit of advice would be to employ irrational actions. These may include climbing a vertical face when it is not really necessary; or doubling back parallel to the line of your original path this one will require a good bit of sheer speed ; using a large river as a simple, effortless mode of transport though it is not exactly wise to hijack a boat, as this may just bring some unwanted attention your way. Rather, build a makeshift raft. Staying focused and preparing properly can make the difference in your freedom or apprehension. Remember, always be physically and mentally prepared for the worst. Also, keep in mind, your knowledge in bare necessity survival is the next step in the evasion process. You have to LIVE! Useful resources to check out:

5: Basic fighter maneuvers - Wikipedia

SERE is an abbreviation for Survival, Evasion, Resistance, and Escape. The course is focused on preparing you on how to survive and evade with a blend of how to resist psychological torture and interrogations, and means of escaping capture by enemies.

Many people freeze in the face of danger -- and die -- or are simply beaten, women can be raped and left for dead. Are you ready for a face off with a violent assailant? Here are 15 tactics to help you escape with your life. This is not what an attacker is expecting. Disasters, rioting, and looting can unfold at anytime -- what to do and what to carry in your Get Home Bag when the objective of the day is to survive. It began as an economic collapse. Turned into martial law. Fractured into broken government. National security became a dead issue. That was a mistake. A few months later jets screamed overhead. A few places went up in smoke. Pamphlets fell from the sky. America was no longer "America". Escape and Evasion Captive! What Do You Do? Facing a possible U. However, the key to being prepared is to understand a wide breadth of information and possible circumstances - even those that might fall well outside the realm of typical "prepper" topics, such as: The fact is, a large number of preppers in the world are likely to face several instances in a time of collapse where knowing how to escape and evade danger will be more important than food or water that day. During this time, I learned a lot about ways to help train our soldiers to be better at surviving captivity and being able to band together and work as a team to escape. Sign Up for our free email newsletter packed with survival tips and tips on preparing for widespread disaster. Topics covered include survival foods, martial law, government collapse, living off the land, self defense, survival hunting, survival fishing, and MORE However it is unlikely that captors in most of the SHTF scenarios described below keep reading would know the advantage they would get by doing this, or have the resources to separate everyone. The best possible scenario would be to have the people you know and trust close by and then be able to communicate with them. This might be possible in a FEMA or government-run camp, and you should use it to your maximum advantage along with the motivation to escape earlier rather than later. Having people you know you can trust is a huge motivation factor and helps with the attitude of survival as well. But What if Things Get Worse? What if the threat of a U. Anything could happen at this point. Or some new "global entity" entirely that is in power. The fact is, in any armed conflict, these are always risks U. It is better to be a jack of all trades than a master of only one or two, as this lends you a certain amount of adaptability in a survival situation. Being able to adapt improvise with changing conditions is an essential survival skill and might save your life on more than one occasion. Could This Happen to You? FEMA or Government internment camps meant to control the population after major disasters, unrest and lack of food, water and other resources. This could include well-armed and well-trained drug cartels making their way up through America, small towns living and acting out of fear, racism, resentment or revenge, illegal or legal gangs that already existed prior to a SHTF event, individuals who have become psychologically disturbed through the course of SHTF events and may no longer have access to behavior modifying drugs anti-depressants, etc. Beware of Stockholm Syndrome One thing you have to be careful of is the gradual "Stockholm Syndrome" that often sets in with people. They become accustomed to and even embrace captivity and would rather risk the unknown at the hands of their captors than the unknown as a free person. They apply across the board in any survival situation, but are especially important in a situation of captivity. You must realize that physical skills are worthless if you are so frozen or paralyzed by the psychological and mental level of events going on around you that you are helpless. Attitude - The Will to Survive Attitude means the will to survive. It means developing the ability to let the negative experiences roll off your back like water on a duck, and focus on the positive. This can be everything from the attitude of survival in a life-or-death fight with someone who wants to hurt or kill you, to your ability to endure lack of water, food, sleep, basic comforts, etc. Attitude can be taught, and we do that at The Human Path survival classes by forcing people to work together under stressful and adrenaline-charged conditions, followed by review and discussion, and then more training. You Have to Adapt This relates to your ability to create new tools or new ways of looking at problems with whatever you have on hand. In order to be adaptable you have

to have some basic skills and understanding. For instance if you understand knots and levers, you can make a primitive winch with two logs and a rope. You can make a weapon out of items in your environment. You can build diversionary devices. The list goes on. Adaptability means knowing abstract and common-sense concepts and then applying them in a new and different way every time. This can also be taught, and we do so at our school by placing people in unusual circumstances with unusual tools, salvage materials and other resources to have to work with. The act of creativity by thinking "outside the box," is something that you can get better at by being in a situation that forces you to do it over and over again. You Have to Be Aware Awareness is crucial both as a survival skill unto itself, as well as an underlying concept that everything else can be based on. Awareness is something that you can practice literally every waking moment and sleeping moments too of your life. All it takes is remembering to open up your awareness. In The Human Path survival classes we run special exercises designed to increase awareness by learning to "breathe" through the 5 senses, and then put it all together. Our scout classes focus on constantly honing awareness of every situation so that you have more information to work with, usually before anyone else has that information. This gives you an advantage that can mean the difference between life and death. Be Accountable This is both a teamwork and an individual concept. Give yourself credit for the things you do right, hold yourself accountable for the things you do wrong. In a post-SHTF world, there may not be room for even one mistake, let alone two of the same kind. This goes for working with other people on a team as well. Reinforce the positive but address and hold accountable for the negative. Firstly, you must understand the state of being held prisoner against your will from the standpoint of awareness and attitude. Aside from helping you avoid the situation in the first place, if it is too late and you are already captive, your awareness and attitude are at their peak for the first hours of being captive. You must use this initial time to your advantage. Unless you are severely wounded, dehydrated, sick or malnourished, your best chances of escape happen while your captors are on the move with you and during that initial days. Most likely you will be strongest, most alert for chances to escape, and there will not be a "routine" set into your mind yet that will wear you down. Roleplaying Keep your attitude strong internally but do not show this to your captors. Show physical signs of surrender or submission. Whatever you assume as your weakness in roleplay, develop a fictional "story" for yourself around it. You do not want to stand out in any way. Strategy for Women If you are an attractive woman and are aware that you are captive by people who would use this against you, make yourself less attractive, using dirt face, hair, clothing, etc. Make sure you know what may be happening first, though: You need to buy yourself enough time and opportunity to escape, and you need to do whatever it takes to survive and be healthy up to that point. The sooner that point happens after being captive, generally the better off you will be for the period of time you have to evade and get away. Roleplaying a weak and submissive person allows you the advantage of surprise if you have to overcome your captors. It also means you are less of a threat and likely someone they will not be watching as closely. Physical Escape Getting out of restraints is often not as difficult as it might seem. Ropes stretch and are very difficult to keep someone restrained with. Normal strength zip ties are broken easily, both in front and behind the body. Breaking Zip Ties At our school we can teach any adult to do this within a few minutes of practice, regardless of their size or strength. There are extra-strength zip ties which are far more difficult to break, but can be sawn through fairly easily with any rough edge or even with friction and a length of cord paracord. This is yet another reason to use military spec paracord for your shoe laces! These are normal Smith and Wesson type handcuffs with a clear window so that you can actually see how your pick is working. A paper clip, bobby pin or any comparable thickness and strength of wire will allow you to pick handcuffs both behind and in front of your back. This requires some practice, but anyone can learn this in a matter of minutes, and with a few hours of practice can be moderately efficient at it. This requires having some type of metal that you carry with you, however. Carrying a lock pick in your clothing hem, in your belt, in your hair, or elsewhere is not a bad idea if you suspect that being captured and detained is a possibility. Picking Padlocks Picking padlocks is also not difficult to learn, and there are educational videos on YouTube to help you learn this. However in all honesty, you can learn several of these techniques online, especially on YouTube. All it involves is some self-discipline and practice, as just watching the video is not enough. Hence the reason for a school like mine. Reasons to Work as a Team Working together as a team makes escape much

easier than trying to do it alone. With a team you can divide the work. You can create distractions and have more resources and skills to draw upon. A Few Questions to Ask You have to ask yourself before making an escape what you plan to do if you are discovered by your captors while escaping. If you have the ability to, are you ready to kill them?

6: Escape and Evasion Archives – Page 8 of 8 – Spotter Up

Not knowing anything about how to escape and evade in an urban environment, they took a Palestinian household hostage and called back to base to be rescued. After discussing this with Reeve, and the general lack of urban escape and evasion knowledge in the IDF as well as U.S. Military organizations, onPoint Tactical's Urban E&E course was born.

This is why evasion tactics are covered in the SERE training in a bid to enable you avoid tracking. In the field application, tracker dogs are used while the trainees employ the survival skills of navigation, and how to get water, food, and warmth as they track their way through the wilderness. Beating dogs in their tracking is not an easy task unlike what you might have seen in Hollywood films. At this point, evading is quite tricky since your hideout is already revealed. That was the end of the game! So which is the best trick to evade tracker dogs? This is a hard task but here are some tips on losing the scent used by the dog to track you: Certain survival schools advise trainees to also use a zip line for this. This will make the handler doubt his tracker dog and give up. Apart from enhancing your safety, staying aware that you can be under captivity any moment should be your main concern. However, the case for civilian capture is different; it could amount to interrogation, kidnapping, ransom or terrorist acts. Evasion could be the only relive from such unpleasant ordeals. For instance, in the case of LTC Rowe, who was confined in a bamboo cage for more than 60 months. Evasion was quite crucial to save himself from what could have befallen him. Unlike other skills, evasion entails games which makes it not just suitable for the wilderness but for the urban environment as well. This is perhaps why civilians are being taught how to evade. It is majorly based on situational awareness and the ability to be highly alert in the environment you are in with lots of caution. Some former SERE trainees recall their evasion phase as one characterized by a game of hide and seek in the wild. According to Rick Campos, an ex-US navy special officer, the enemy came closer as the days moved by. Another challenge was hiding in the open space; it forced them to send one of the members of their team especially the fastest one first cross alone to the other side of the open space. The soldier would then give the rest of the team a signal, and the members would move one after another in turns to the other side of the open space. Here are some important tips on losing trackers walking over your tracks: Another method that is effective for people good in survival is creating false tracks and cutting them back on your original path enabling you to get behind the enemy. This technique is often used in urban surroundings to understand your tracker by following them as you gain insights about them, observe their patrol routine or path and come up with an escape strategy and evasion with a better knowledge of your enemy. Surveillance trainees and specialists in the urban environment can also benefit directly from this evasion technique. In such a situation featured by more people and absence of empty spaces, evasion inspires a developing a new mindset that prioritizes thinking. In simple terms, resistance elements tests the metal capability of the students to apply themselves to the following six articles under the code of conduct: I am prepared to give my life in their defense. If in command, I will never surrender the members of my command while they still have the means to resist. I will make every effort to escape and aid others to escape. I will accept neither parole nor special favors from the enemy. I will give no information nor take part in any action which might be harmful to my comrades. If I am senior, I will take command. If not I will obey the lawful orders of those appointed over me and will back them up in every way. I will evade answering further questions to the utmost of my ability. I will make no oral or written statements disloyal to my country and its allies or harmful to their cause. I will trust in my God and in the United States of America. To begin with, the situation that you are in is cruel and marked by mental fatigue, thirst, lack of sleep and starvation just after surviving a brutal condition feeding on food with limited nutrients and you might have been physically hurt when you were escaping capture. Now imagine being promised, warmth, food and better rest conditions for an exchange of little information. You will then be subjected to sounds of terrible songs playing loud for 24 hours driving you to breaking point. Were a song was not used, they played a sound of a small girl begging for her father to return home on a loudspeaker. Although most readers are not exposed to huge risks and might not find themselves in enemy lines, at some point, you might face challenges where the SERE skills are applicable. Here are examples of such scenarios obtained from real world events. They

illustrate how the skills acquired in SERE training can be useful to a civilian. As a matter of fact, kidnapping is one of the leading criminal enterprise across the world, with Americans as the prime targets. SERE skills could be very useful in such a scenario where you are kidnapped, get stuck in a hostile country, natural disaster, evading capture among other instances. Additionally, carjacking is a real possibility in any part of the world be it by a local gangbanger or terrorists. Mastering how to operate in such situations is important in enhancing your safety. Essential survival skills such as fire building, tracing your way out of strange places and making shelter can be important in case you get lost, or your car breaks down in unfamiliar, unfriendly area. Having the skills of where to hide or how to avoid being seen by followers will be helpful in avoiding detection and evading possible followers. What Kind of Training Is Offered? Even though each of the four subjects of SERE is important on their own, all of them are related and the skills learned from one is useful in applying the other lesson. For instance, when trying to avoid recapture or evade detection, you will be applying survival techniques to live off the land and move at night until you arrive at your destination. When in resistance mode you will also be applying escape skills to look for flaws in your captors and maximizing them for escape opportunities. In order to gain these skills, you need to look for training and instructors offering a combination of lecture-based instructions and classroom alongside techniques and skill you learn as you practice the skills in different training phases and helpful feedback from the instructors. So, before registering for any training, it is important to find out what the course offers what you are looking forward to cover. Finding a course that covers all the four subjects of SERE in the few weeks or few days is not easy. This is because the time is limited and might not be enough for lessons alongside practical experience require to deliver excellent instructions and teaching on SERE. There are also challenges in finding the right and qualified training covering the resistance part of SERE since only a few people are capable of delivering that subject. The risk of physical harm on the trainees is also another problem that makes most companies to reconsider if they should provide a certain type of training for fear of being held liable. However, there are various schools that you can find online offering some of the subjects covered in SERE. Most of them offer survival and evasion lessons with only a few of them covering the resistance and escape part. Here are some of the schools that offer the training: The two major components of the training; urban and wilderness SERE courses used to take 5 days. But now, the course duration has been adjusted to last for 7 days with added value to the training. The wilderness training lessons encompasses survival skills in the forest, where stealth and security are your main concerns. Each of the survival tactic offered stresses on stealth. The urban part covers mostly surveillance and counter surveillance, travel plans, kidnapping, evasion and urban escape among others. The school majorly offer courses on wilderness and urban survival but also provides other kinds of training. They center the training on the skills that you want to learn and use their expert instructors to text you those skills. According to Rob, the founder, survival skills similar to martial arts are quite essential to anyone. By committing yourself to mastering only a particular type of skill, you still remain with weaknesses to in other areas. Survival skills are designed to enable you survive in the wild, however, no one expected to stay in the wild forever which makes mastering only this skill unwise. This is why Sigma 3 survival school offers not only skills on surviving in the wilderness but also beneficial skills in your normal everyday life. Here is a rundown of the areas covered in the course:

7: The Urban Escape and Evasion Bag – Getaway Clean - GAT Daily (Guns Ammo Tactical)

The Urban Escape and Evade bag is a very personal item and one you should build with caution. My suggestions cover some of the very basics of an Urban E and E bag. You need to customize it for the environment you are in, or will be in.

Introduction[edit] Basic fighter maneuvers BFM are actions that a fighter aircraft makes during air combat maneuvering , historically known as dogfighting. The development of BFM began with the first fighter aircraft, during World War I , then continued with each following war , adapting to the changing weapons and technologies. Basic fighter maneuvers consist of many varying tactical turns, rolls, and other actions to get behind or above an enemy, before the opponent can do the same. BFM are typically universal maneuvers which can be performed in almost any fighter aircraft, and are usually considered to be training maneuvers. Training usually begins with pilots flying the same type of aircraft, pitting only their skills against each other. In advanced training, pilots learn to fly against opponents in different types of aircraft, so pilots must learn to cope with different technological advantages as well, which more resembles real combat. In actual air combat maneuvering, variations of these basic maneuvers may become necessary, depending on the different types of aircraft involved, the weapon systems each side is using, and the number of aircraft involved. The fighter pilot with the most advantageous position is usually above or behind the opponent, and is commonly called the attacker. Conversely, the pilot in the disadvantageous position is usually either below or ahead of the opponent, and is referred to as the defender. Most maneuvers are offensive, such as the " barrel roll attack", "high Yo-Yo", "low Yo-Yo", and "lag roll". The defender will usually maneuver to force an overshoot, or to extend the range enough to dive away and escape. Dogfight Basic fighter maneuver development began during World War I , with maneuvers such as the " Immelmann ", named after German pilot Max Immelmann , the "break" and the " barrel roll ". The modern Immelmann differs from the original version, which is now called a stall turn or "Hammerhead turn". The Immelmann turn was an effective maneuver in the early part of the war but as aircraft technology advanced and fighter engines became more powerful, it became a dangerous maneuver, because the opponent could climb and shoot the German fighters when they were almost motionless at the top of the turn. Watching carefully over your shoulder and judging the moment he will open fire, you turn your machine quickly so as to fly at right angles to him. His bullets will generally pass behind you during the maneuver. This type of engagement is energy-depleting, causing the fighters to lose altitude until they run out of maneuvering room. This type of fight became a game of chicken , forcing one fighter to attempt an escape before crashing into the ground and giving the advantage to the other. As engines became more powerful, three-dimensional tactics became available to counter the stalemate of the Lufbery, allowing fighters to maneuver onto the tail of their opponents. Maneuvers such as the "combat spread" were first devised by pilots like Werner Molders during the Spanish civil war. At 12, feet I leveled off and watched him up ahead. In diving I had picked up speed, and now had hit miles an hour. I was about feet below him and closing fast. I checked all around, in back and above me, to ensure that no other [Germans] were doing the same to me. My speed was slacking off now, but I still had enough to pick up that extra feet and position myself yards dead astern. The flew as straight as an arrow, with no weaving. As his plane filled my gunsight, I pressed the [trigger]. Boyd developed his Energy-Maneuverability theory during the Vietnam War. S Navy Air Training Command, "1 The basics of ACM have not changed since the early days of aviation, and 2 A fighter pilot must maintain constant aggressiveness for success. Pilots need good eyesight, situation awareness , and the ability to maneuver against an opponent in three dimensions. BFM are generally grouped into two categories: These are often simple maneuvers, such as climbs, turns, aileron rolls , slow rolls , and rudder rolls. Relative maneuvers are performed in relation to the motion of another aircraft. These are often more complex, including energy saving maneuvers, such as the high and low Yo-Yos, and repositioning maneuvers such as displacement rolls. The reality is that BFM are a series of fluid and often improvised proactive and reactive actions, varying infinitely according to range, altitude, speed, aircraft type, weapons system type and any of an enormous range of other factors. An extremely successful tactic one day may yield unfortunate results if repeated the next day, and pilots often credit luck as a major factor. This allows the pilot to fly against a

machine with known performance values and allows aircrew to build their awareness of important concepts such as sight picture, rates of closure and line of sight rates that are cues to being successful in the visual arena. This also allows pilots to build their BFM skills against one another, without either having a particular technological advantage. Using BFM as the building blocks for multiple aircraft maneuvers, such as the finger four, loose deuce, and Thach weave, pilots learn how to maneuver in situations involving one against one, one against two, two against two, two against many, or even one against many. This type of training, introduced during the last stages of flight school, is more like actual combat, and is the most beneficial for aircrew once basic BFM skills are mastered.

Specific energy[edit] Energy is a primary factor in controlling and maneuvering an aircraft. If an attacker has too much energy, it may be easy to get in range but difficult to prevent an overshoot. Too little energy and the attacker may not be able to get in range at all. If the defender has more energy than the attacker, an escape may be possible, but too little energy and the defender will lose maneuverability. In aviation, the term "energy" does not refer to the fuel nor the thrust it produces. Instead, thrust is referred to as "power". Energy comes in two forms, which are kinetic and potential. The combined potential and kinetic energy is called the total energy, or "energy package". Because the energy package is the combination of mass, speed and altitude, a fighter flying at low altitude but a high speed may have the same total energy as a fighter of equal mass, but flying at a low speed and high altitude. Generally, the fighter that is able to maintain a higher energy package will have the advantage. However, a high energy-package alone does not improve maneuverability, because optimum turn performance typically occurs within a range near a certain speed, called the "corner speed". Also, increasing the mass of the aircraft would increase its energy package, but angular momentum would hamper maneuverability, causing the heavier aircraft to turn wider circles. A fighter with less mass will generally be more maneuverable than a fighter with more mass, even if energy packages are equal, because the lighter aircraft has more specific-energy. Some limitations are constant, such as gravity, structural integrity, and thrust-to-weight ratio. Other limitations vary with speed and altitude, such as turn radius, turn rate, and the specific energy of the aircraft. The fighter pilot uses BFM to turn these limitations into tactical advantages. Even if there is no great difference between the energy states of combating aircraft, there will be as soon as the attacker accelerates to catch up with the defender. However, potential energy can easily be traded for kinetic energy, so an aircraft with an altitude advantage can easily turn the potential energy into speed. Instead of applying thrust, a pilot may use gravity to provide a sudden increase in speed, by diving, at a cost in the potential energy that was stored in the form of altitude. This can help an attacker to prevent an overshoot, while keeping the energy available in case one does occur. At this point, the growing turn radius begins to decrease the turn rate, so the aircraft will reach its best turn performance at its particular corner speed. At the corner speed, the fighter can attain its maximum turn-rate, flying the craft just at the edge of buffeting the turbulence preceding a stall. Turning at the maximum sustainable-load at speeds above the corner speed will result in an increase in turn radius which, respectively, will cause a decrease in turn rate. These turns can have a very small turn radius, but cause a loss in energy, either in the form of speed or altitude. Therefore, these turns are unsustainable, causing the fighter to lose massive amounts of airspeed, sometimes reaching stall speed in as little as a quarter turn. To some degree the energy loss may be compensated for by increasing thrust, known as applying "excess specific power", but this cannot fully make up for the losses. This usually occurs during hard turns or even harder "breaks". Only by turning the aircraft at its best "sustained turn-rate" can the aircraft maintain its specific energy. However, situations in combat may require a change in energy, and energy may also be increased by pulling less than the maximum sustained g-force load. Successful BFM requires geometry as much as it does skill and stamina. Most importantly, the pilot must remain aware of the angle off tail AOT, which is the angle between flight paths. However, an uncooperative defender may try to take advantage of the high closure rate by turning to increase AOT, forcing an overshoot. AOT are generally grouped into three categories, called "pursuit curves". The high AOT presented during lead pursuit allows the attacker to quickly decrease the forward, lateral, and vertical separation between aircraft, simply by traveling a shorter path. However, lead pursuit causes the AOT to increase at a rapid rate. This causes the closure rate to increase as well, and, in an attempt to prevent an overshoot, the attacker will have to pull an increasingly tighter turn upon nearing the defender. Unless the

defender has enough of a speed advantage to escape by relaxing the turn and dropping into a shallow dive, the defender will likely turn sharply in an effort to increase the AOT, forcing the attacker to turn even harder, to overshoot, or to perform a maneuver out of the horizontal plane to compensate. This is called "leading the target". However, closure is not as rapid, nor is the rate of increase in AOT. This is not as effective against a faster moving opponent, so the attacker may need to accelerate to maintain pure pursuit. Pure pursuit is used when acquiring a missile lock. It both places the attacker further aft of the defender and presents the defender with the smallest amount of surface area to see. This complicates evasive action, since only the front of the attacking aircraft is in view. Unless the defender is markedly more maneuverable, and lateral separation is just right, lag pursuit can not be maintained for long, causing the AOT to decrease until a suitable firing solution is presented. Maneuvers are rarely performed in the strictly vertical or horizontal planes. Most turns contain some degree of "pitch" or "slice". A slice turn happens when the nose points below the horizon, causing a decrease in altitude. The purpose is not only to make the aircraft harder for an enemy to track, but also to increase or decrease speed while maintaining energy. Increasing the pitch or slice can quickly provide a change in speed, which can just as quickly be reversed by returning to the original plane of travel. Out-of-plane maneuvers are not only used to provide a reduction in turn radius, but also causes the fighter to fly a longer path in relation to the direction of travel. A maneuver such as a high Yo-Yo is used to slow closure and to bring the fighter into lag pursuit, while a low Yo-Yo is used to increase closure and to bring the fighter into lead pursuit. Instead, the aircraft is rolled until its lift vector an imaginary line running vertically from the center of the aircraft, perpendicular to its wings , is aligned either ahead of, directly at, or behind the defender, using roll rate instead of turn rate to set the proper pursuit curve. By controlling the roll rate the pilot can control the degree of displacement. Most relative maneuvers can be grouped into one of these three categories. Neutral[edit] Neutral positions generally occur when both opponents spot each other at the same time. Neither the pilot nor the opponent have the advantage of surprise. Each is focused on converting to an offensive situation while forcing their opponent into a defensive. With the advantage of surprise, the pilot can maneuver into a better position to attack the opponent, making it more difficult for the enemy to evade the attack. This helps put the pilot in a dominant position, primarily concerned with prosecuting their advantage for a kill.

8: Basic Water Rescue Training Online - Survival Fitness Plan

Survival, Evasion, Resistance, and Escape (SERE) is a program, best known by its military acronym, that provides U.S. military personnel, U.S. Department of Defense civilians, and private military contractors with training in evading capture, survival skills, and the military code of conduct.

The rules we used were that two teams started off in opposite directions to go round the same square. Inevitably they would meet: Put together these made a word; winning was defined as correctly reporting the password to our van-driver - he acted as umpire. Bush-whacking through the interior of the pine forest was impracticable. For added interest we wore NBC respirators - "gas masks" - which make you hear and see differently and feel kinky or spooky, depending on your point of view. The respirator also gives some protection to the eyes against twigs in the dark. Two groups of three set off. As it turned out, both groups used different patrol strategies: One group moved fast, the other failed to work out that the initial period was a golden opportunity to gain ground. The first contact was between the scout of the red group and the number 1 of the blue group and they lost contact with their respective groups, and so - with nothing to lose - they buddied up to make a third group out to get the others! The three-way fight that ensued eventually added considerable confusion. Compared to man, dogs have more sensitive sense of smell and more acute hearing. The most intelligent breeds can be trained to recognise and obey more than a hundred commands, like French army trained Drakaar see pic. An army dog trained to silently track a human can follow a scent left by a squaddie many hours previously, never getting close enough for the fugitive to realise he is being pursued until the dog handler decides to launch an attack. A dog can outrun a human over short and medium distances. An attack dog can swiftly and silently pin down a human fugitive, immobilise him so that he can be safely taken prisoner. There are a few text-book strategies for evading pursuit by dogs; in my experience they are ultimately ineffective but fun to attempt. You can think and see better than a dog even if though it may be able to smell and hear better than you. Use camouflage and concealment techniques. Avoid leaving a track: Cross and re-cross your own tracks and double back. Use streams and running water to break your trail and move as silently as possible. Move when ambient sounds wind in trees, traffic etc cover your own noise. Plan a swift escape route. Contact at a distance: Choose a route that will tire the pursuit dog and handlers more than it tires you. Close contact: Some Search Patterns. Cross-grain - choose an overall bearing and sweep either side of it. Ever-increasing circles from an origin. Clock ray - spread out from an origin, each searcher taking a quadrant. Y-formation - tracker in the centre of the Y, flankers at either side and to the front, additional support "the stick" to the rear of the tracker, and in columns parallel to the stick. Sweep - patrol spreads out in a line at right-angles to the direction of progress. Hand-signals are used in a pursuit situation for silent communication between searchers. Capture. Contact with the "enemy" happens eventually. The nature of the fight depends on what is safe. Man to man wrestling and unarmed combat outdoors is fun but may be dangerous. Electric stun guns are an option. Coercive questioning is another word for interrogation. The old advice to tell only "Name Rank and Serial Number" is now augmented to include date of birth. Giving any further information offers an opening to conversation that can be exploited by a skilled interrogator to extract information. Beware of other strategies designed to confuse or wear down a prisoner: The defence of following orders, the "Nuremberg defence", was absolutely unacceptable at the war crimes trials after World War II. The distinction is unclear between illegal torture and legal coercive questioning and interrogation. Illegal recruit abuse. Escape and evasion exercises provide NCOs with opportunities for initiation rites and abuse away from supervision by higher ranks. The justification proposed for this is that it prepares recruits for the rigours of patrol and combat, however it can become criminal. The following are translations thanks Dave of testimonies published by Colombian national army soldiers showing abuse that probably constitutes criminal actual bodily harm, definitely not consensual sm. They took us to the top of the Training Centre and sent us to groups of 4 or 5. These guys grabbed us and thumped us, put us inside the group and then punched us until we yelled out -when they stuck mud and cowshit in our mouths. They taped our hands and eyes and carried on hitting us, then stung us with nettles. They hit us with the heel of their boots on our legs, our arms, our faces and our

stomachs. I begged them to stop hitting me but they carried on. Later they led me along a pathway to where there was a bonfire. There my section chief Tarazona took me by the neck and back of my pants and held me over the flame. I felt as though my face was burning off. They burned my arm with an ember, and then when they saw my tattoo on my left leg they said they were going to get rid of it. They put a branding iron on it, like they were marking cattle. I screamed at them not to burn me and they laughed. Private Jairo Cubillos I felt a hard blow on my back. It was in an area covered in sand and like they say bullshit. They booted me and kicked me around like a worm. Later they took me to another part of the initiation which was feet and fists. They hit me a lot. They stopped and made me sit down next to a blazing fire and started to burn me. My chief, Tarazona, told me to kneel down and whipped me across the back till I fell face down in the pool and then they pushed my face to the bottom. Private Graterol They booted us to the ground and started to kick us. They stuck salt in the mouths of anyone who yelled out. They were kicking us for something like ten or fifteen minutes. Then they gave the order to move and put our arms across our bodies and tied our hands at the back. They grabbed me by the neck and stuck my head in a pool where they bashed my eye against a rock. Then they threw me in the river and my chiefs Lora and Ramirez pushed me to the bottom. Lora took my shorts off and said he was going to rape me. He put his hand on my backside and kept on pushing me under the water. Later they took me out of the river naked. They took us over to some rocks and started to hit us with bottles filled with earth. Monroy stuck ants in my ears and up my nose. Then chief Lora together with Acosta grabbed Sabogal. I could see from beneath the blindfold. I was wearing a sweatshirt and as it was falling off Acosta took me and stuck his gloved hand up my anus, and then his knife. After this chief Lora came over and speared me with a stick up the arse and yelled that he was going to rape me. Capture, physical interrogation or forfeits may be particular interest to gay soldiers with military sm and bdsm interests. In a limited-time situation, you have to move to win, even though staying still may ensure you remain undetected for longer. Some variations The fugitives set off nearly-naked, the pursuers in full field kit The objective can only be achieved by crossing a river or extensive muddy patch so that everyone gets thoroughly wet or completely muddy. A really sadistic instructor would ensure that happened near the start of the exercise! All participants wear old uniform kit with buttons and zips removed, assuring that they have to conceal themselves Winning includes the fugitives delivering a number of eggs to the destination. Not only are the fugitives strip-searched at the beginning of the exercise but all pockets are destroyed in their combat kit. Any breakages will be messy. Two suspects, you and another person, are arrested by the police. The police have insufficient evidence for a conviction, and having separated the both of you, visit each of you and offer the same deal: If he confesses and you remain silent, you get the full ten-year sentence and he goes free. If you both stay silent, all they can do is give you both six months for a minor charge. If you both confess, you each get six years. What strategy is best for each individual and what strategy will ensure that the two of them spend the least combined time in custody?

9: Escape and Evasion: Running for Your Life - The Prepper Journal

Escape, Evasion, and Survival Basic Water Rescue Training Online In this article you will learn various types of lifeguard rescues and swift water rescue and recovery.

This article was generously contributed by Orlando Wilson. Escape and Evasion Here are some basic instructions on how to avoid getting captured if you manage to escape from kidnappers, terrorists or from a location where things have gone very wrong. We do not encourage people to break the law, but you must understand that in some situations what would be viewed as illegal actions such as breaking and entering into a building or taking supplies are your only option for survival. Your goal is survival and to reach a safe area. If you have a cell phone on you consider if those after you can use it to track you. Consider your means of leaving the area: After the initial escape try to leave the area as quickly as possible and keep a low profile, remember to blend in with your environment. As soon as you can you need to make contact with friends, family, trusted authorities or friendly Embassies. Consider what CCTV is in the area and if those after you can access it. If your hiding in parks etc. Consider how long you will have to go to ground for and what are your emergency escape routes. Work out where are you running to and try to leave decoys pointing to different locations; book a train ticket with your credit card but never take a train etc. You will also need clean clothes, if you cannot buy them or get them from a place of charity you would need to steal them. If you need to travel a long distance you will need to find somewhere to wash and stay clean. You will need somewhere to sleep; in urban environments it may make sense to stay away from the usual places homeless people congregate as this would be the first place those looking for you would check. If you do not have money to buy food you could possibly get it from charities, steal it or check the trash cans behind restaurants and sandwich shops. At most borders there may be checkpoints on the roads but go a few hundred meters either side there is usually nothing, maybe a fence. So, if you are using a road get off it a few hundred meters before the border, skirt around the check point and rejoin the road a few hundred yards on the other side. When crossing the border do so quickly, quietly and use all your senses and be alert for any patrols or remote cameras etc. Try to have or get maps, even free tourist guides are better than nothing. Learn to identify north and south without a compass. Always carry and try to conceal an escape compass on your person. Identify and remember prominent objects in the area such as major roads, rivers, mountains, airports and buildings, these will give you reference points when on the move. If you are in a rural area and want to locate people follow rivers, most villages are located around water sources.

Escape and Evasion Equipment The reason for escape and evasion equipment is to help you escape from captivity and stay alive for a limited amount of time. You should carry a minimum amount of non-nondescript equipment as discreetly as possible. Expensive, specialist, flashy military equipment will only draw attention to you, it will be taken away by your captors or during a search and could possibly label you as a spy or police etc. These are usually silver in color and can be used to provide warmth, shelter, collect water and for signaling. There are many small water filters on the market that are easily carried in a shirt pocket etc.

String or thin wire: This has various uses for example construction of shelters, re-closing cut wire fences, trip wires etc. These thin wire saws can be used to cut wood, plastic and soft metals. Beware of cheap imitations.

Small lock pick set: The blade should be broken into 2 to 3 inch pieces to make them more concealable, if possible the ends and backs of the blades can be sharpened. Various uses including first aid, mending clothing, building shelters and picking open hand-cuffs. Small and concealable multi-purpose blades. Used for fire lighting to keep you warm or cause distractions. Cotton wool or lint etc. Used for carrying water, the condom goes in the hairnet to stop it from splitting. For purifying drinking water. Chose a small and concealable compass. Can be used for signaling and distractions. Neck knives are an option as many searchers do not check the neck or chest areas. Chose a small concealable flash light, forget the expensive tactical lights, this can be used for light, signaling and distractions. There are many good multi-pliers type tools on the market that are excellent pieces of kit for escape and evasion but will most probably confiscate them straight away if your arrested or kidnapped. Try to conceal high calorie foods such as sweets, nuts and raisins etc. Probably the most important piece of equipment you can carry. Chose small value notes of a well-known currency,

waterproof them and conceal them. The trouble with tins and containers are that they are easy to find during a body search and will be confiscated. You want to try to conceal your equipment in your clothing. There are lots of places for you to hide equipment in jackets especially if they are lined. Wire saws, matches and money can be sewn into seams and draw cords etc. The lining itself can be used for tinder etc. These have lots of places to conceal equipment but there is a good chance it will be confiscated. A tactical vest is also an indicator that you are in the security business and a FBI wannabe. Sew money, wire saws, razor blades etc. Also keep a few bits of candy in your pockets. Sew equipment into your belt or look at buying a commercial money belt. There is a lot of room to hide all sorts of equipment in the heels and soles of your shoes. Sew money, wire saws etc. Again, this is just a guide to get you thinking, just take a few of the above mentioned items, conceal them on your person and they could make your life easier in an escape and evasion situation. Orlando Wilson is ex-British Army and has been in the international security industry for over 25 years. His experience has included: You can learn more about Orlando and his services at his site [Risks Incorporated](#).

Basics of engineering economy 2nd edition Ieland blank Discovering the lifespan 2nd canadian edition Walkera devo 10 manual Irish history dummies guide Just for now bud Arbeitsbuch Physikalische Chemie Handbook of media for clinical and public health microbiology The Collection Of Jazz Music Birds eat and eat and eat. Guide to the archives of the government of the United States in Washington. Washington, Westminster, and Whitehall The 201 questions every homebuyer and homeseller must ask! General physics 1 book Simple Static Techniques Lupin III Worlds Most Wanted Volume 8 11 Great generative force: press and politics The Role of DNA Damage and Repair in Cell Aging (Advances in Cell Aging and Gerontology) Iphone 4s disassembly guide On the Kings Service Inward Glimpses of Men at Arms Toward a lean and lively calculus Skipwith the Jeffersonian Anatomy of Declaine Frontier of control Project management quick reference guide for project 2010 Business and society ethics and stakeholder management Proceedings of the 34th Southeastern Symposium on System Theory The 1-page marketing plan allan dib Cranial growth in Homo erectus The art of Whistler Harbour of Montreal His Majesties gracious letter to the Privy Council of Scotland, for adjourning the Parliament As a consuming fire, wisdom Oklahoma in Perspective 2002 (Oklahoma in Perspective) Google nexus s manual A grammar of the dialect of Windhill, in the West Riding of Yorkshire. II-III. Complete prose works. Anthropology appreciating human diversity 14th edition Cake eaters and hooch drinkers Pinner to Paradise The Yale Editions of Horace Walpole`s Correspondence, Volume 19