

PATRIOTS PLAN

PLAN B SURVIVAL



© COPYRIGHT PATRIOTSPLAN.COM ALL RIGHTS RESERVED

© COPYRIGHT PATRIOTSPLAN.COM ALL RIGHTS RESERVED



Contents

Living through a disaster.....	3
Street-smarts	3
Protect and Get.....	3
Triggering the Protect Instinct	4
Intimidation.....	4
Your walk.....	5
Don't scan the area	6
Scary face	6
No Distractions.....	7
Out with a group	7
Making contact	8
Up in your face	8
Being Attacked	9
Thwarting the get instinct.....	10
Have Nothing Worth Getting	10
Make It Really Hard to Get Anything from You	11
Final thoughts	11
The dark side of survival	12
Ending a life.....	12
Taking the shot.....	13
Conducting a raid	14
Deadly hand-to-hand combat techniques	15
Leaving someone behind	18
Final thoughts	19

Living through a disaster

Life threatening situations are scary. Caught up in a crisis or disaster many people will resort to violence to get what they need in order to survive. You may even find you need to do some things yourself that you would have never even considered when life was completely normal.

There are two types of people that thrive in a disaster. The ones who are prepared, and the ones who are prepared to do what it takes to keep their family safe - no matter what it takes.

This guide will give you an introduction to street smarts, and an introduction to how life will be on the streets in the aftermath of a disaster. It will follow with the five skills you need to know, but never want to use in a life-threatening situation.



Street-smarts

Typically, most people don't have a good set of "street-smarts". We grow up in safe and secure neighbourhoods, and aren't typically exposed to dangerous situations in our daily life.



Unfortunately, you can't learn street smarts as a keyboard warrior, or walking your dogs on the sidewalk of an upper-middle class suburb. Most survivalists fall in the first category, they are prepared for a disaster, but lack situational awareness and the skills necessary to blend into a neighbourhood. People that live in run-down areas, and bad suburbs learn street smarts fast, and are better equipped to take advantage when an opportunity arises.

Protect and Get

To think about this another way, in any confrontation there are two distinct instincts:

- **Protect** The instinct to protect yourself from danger
- **Get** The instinct of desire, to have something another person possesses

As an example imagine a group of thugs is walking towards you on a deserted street. Your protect instinct is going to kick right in, because you can't take on the whole gang, and they are a real threat to your safety. You may cross the street, steer clear from crossing their path, or flee.



On the flip side, a single guy walking down the street passes a beautiful lady. Instantly your get instinct kicks in, you want to get to know this girl. You will have some level of your protect filter still up, and if she brushes you off you won't approach her.

As an environment gets less safe, the people you encounter will have:

- Lower protect instincts towards you (you're less of a threat than others they encounter)
- Higher get instincts towards you (you're an easier mark than their usual targets)

This is bad. In a crisis you don't want to be inviting people to attack you and steal your supplies. To work on it, you need to learn how to trigger other peoples instincts. Luckily, with a bit of practise this is not difficult to do.

Of course, if the situation is truly chaotic you don't want to be on the streets at all. Hunker down in your safe house and emerge quietly and stealthily when the opportunities present. The same goes for shots fired, being street smart works for generally bad neighbourhoods, but if someone is inclined to rob you, and sufficiently armed, it may happen whether you like it or not!

Triggering the Protect Instinct



Intimidation

The first step to dissuade and attacker is an intimidating presence. This will be much easier if you're a 7ft bodybuilder, but it's also a trait you can demonstrate if you're not. Anyone can be assaulted if the attacker is desperate enough, but mostly you will find that you are first scanned for any weaknesses.

Attackers won't make a move on people they see as strong, because it's risky for them to create a situation where they don't know the outcome. If you don't display signs of weakness, they will doubt their ability to successfully rob you of your supplies. You may even get left alone while they seek out an easier mark. You want to emulate the body language and attitude of the kind of guy that causes would be attackers to think twice before they approach you.

Your walk

This depends on the situation, obviously if shots are being fired you want to remove yourself from an area as fast as possible. If it's simple a tense vibe, walk powerfully and slow down your steps. Every fibre of your body will be shouting at you to run, but fight the urge.

Hurrying through an environment demonstrates you are scared of something in the area. You will stand out, and this even applies in bad suburbs today. Busy people are typically working class, with higher paying jobs and coming from a higher class of society than those in the slums. Power walking through poor areas makes you an easy mark to spot, as people in a slum don't lead busy lives. They conserve energy, waiting and watching for opportunities to come - like a lion watching prey enter their domain. Rush into their turf and soon you will be in over your head.

There are two outcomes of walking fast.

- If you're intimidating, people will get out of your way as they move to protect themselves
- If you look like an easy mark, your speed triggers a predatory instinct - almost forcing people to attack you.

Slow down and fit in with your surroundings, you want to look like you belong. If your moving at a pace a little slower than everyone else, you will come across as being even more confident than the locals. walking slowly and with a purpose makes it appear as if you walk through the neighbourhood every day. This is what you want - an attacker to second guess themselves, even if it looks like you don't belong. Walking powerfully communicates confidence and strength, giving the impression you will be a dangerous person to mess with. Watch how The Rock walks in one of his movies and you should get the idea.





Don't scan the area

Typically the first thing people do when they are somewhere unfamiliar is to look around in all directions to get your bearings. You need to train yourself to notice things as you are walking without obviously looking around. Locals don't need to check out everything in the area, the best way of fitting in is if you can act like everyone else.

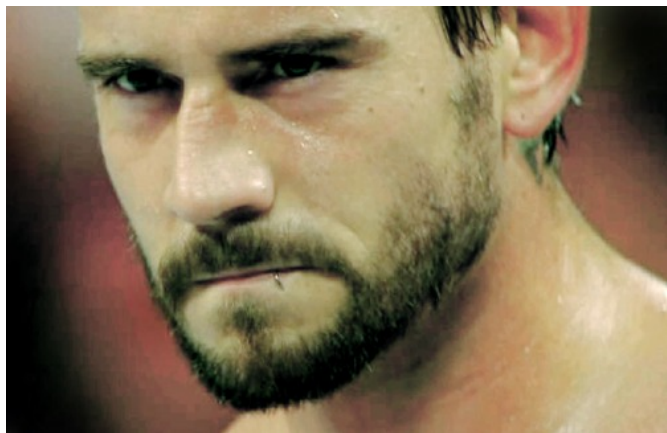
In a crisis you don't want to do anything to get noticed, simply keeping your head down and

looking like you belong is a great way to avoid confrontations. Even if you don't blend in with your clothes or skin colour, focusing on where you're going is such a confusing signal to attackers they will pass you over for an easier target. This will also work in bad neighbourhoods, before a crisis. Looking like you belong is one of the best ways to avoid a confrontation.

Scary face

Take it a step further and plaster a scary look on your face. It might seem silly, but crease your forehead, and put a frown on your face. You want to look like you've just had a really bad day, and are itching to punch the cause of it right in the face.

This works because attackers typically like to pick on weakness. They want the person they approach to be off balance as they come close, that's already backing down before words are even spoken. If you look like you're ready for a fight, an attacker will hesitate because you may just get the jump on them instead. This builds on the intimidation concept, you want people to notice you and think "Nope, I'm not messing with that guy."



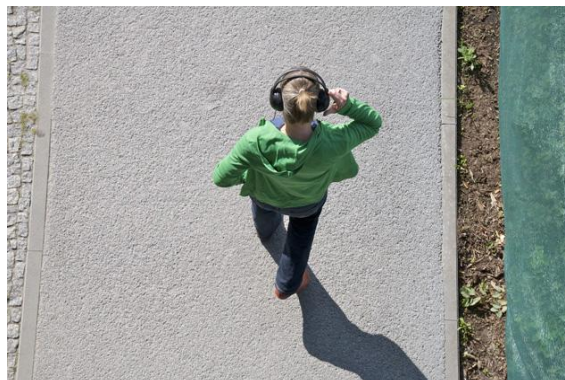
The exception to this rule is groups. An angry look can actually frighten people when they first notice you, and they will become angry you have caused them to feel this way. Backed up with a group of friends, they will be very comfortable confronting you, as all the power is on the attackers side. Your best defence is to use a totally neutral expression on your face. Don't invite anyone to prove themselves, simply keep your face neutral and walk right past.

No Distractions

Don't use earphones or your facebook feed as a distraction when you are walking on a street. First, someone may see what you have and want to take it from you. Second, because your using this device you cancel out many of the intimidating factors you have been working hard on:

- You're walking slow because you're reading your phone, not because you're comfortable.
- You're not scanning because you're distracted, not because you're a local.
- You're not a bad-ass because your scowl is towards your phone, not because you're itching for a fight.

Using distractions demonstrates to the world you are trying to hide, when you need to be demonstrating you are totally comfortable in the environment you are in. This could be walking down the main road of a town in the middle of a disaster on a food run, or strolling home through a dark neighbourhood in the middle of the night. Stay alert, and keep your power.



Out with a group

Depending on the situation you will either need to be operating in stealth mode for secrecy, or trying to maintain a sense of normalcy as you walk down the streets following a disaster.



For an operations security, you need to move fast and swift, as silently as possible to catch people off-guard and make it to your objective before anyone is the wiser.

If things haven't yet dropped to this level of chaos, your group needs to act as the alpha group in the area. Giving off a high and positive energy, with loud and deep voices. This puts many attackers off balance, because your energy is far above their own as they are sitting around waiting for a mark. Using a deep voice enhances your intimidation, due to a natural fear-respect tendency that humans have been proven to have. The deeper your voice is it suggests a higher level of dominance, which gives the perception you are confident in both yourself and your abilities. A scientific study even discovered that people with deep voices are imagined to be better fighters.

Making contact

You will find that most people will steer clear from any interaction with you if you are following all of these steps. But sometimes you may find someone wants to test you, to see if it's all an act. You can't ignore them because you will prove them right, so what do you do?

Most attackers will try to "feel you out" before trying anything. They can get a better gauge on your strength compared to theirs based on your reactions. Everything you do here will help them figure out if you are an easy mark, a potential mark, or too much trouble to worry about.

Common feel outs are questions like "You live around here man?" or "Hey bro have you got the time?" If you're not used to it, this situation can be very uncomfortable, which is exactly what the attacker is trying to see. Follow these steps if you find yourself in this situation:

- Slowly turn your head and make eye contact with the attacker
- Flash them your best bored or sceptical look
- Break eye contact purposefully and look back in the direction you are going
- Keep walking to your destination at the same speed



If you've been asked a question, try to answer without speaking. It shuts down future questions, and because you're using the Law of Least Effort you come across as more confident and powerful than your potential attacker. Replies look like this:

- "You live around here?" Point in the direction your going, as if to say "Just up there"
- "What you doing here?" Gesture in around with widened eyes, as if to say "Walking, see?"

The end result is your effectively communicating the message "are you serious?" while continuing on your path. It's a powerful way to dismiss a harasser, without him feeling the need to challenge you to save face, whilst being strong enough to demonstrate you're not afraid of them. If you ignore them, insult them right back, or even start up a conversation - you may have walked into a trap, and find yourself in a very bad situation. Best to get out of there with a minimum of fuss.

Up in your face

Usually these steps will keep many people from even considering you as a potential target. But as times get tough, many will be increasingly desperate, and willing to go to any lengths to take what you have.

If someone does come right up to you, you need to take control. The attacker will assume they have the initiative, but taking the first step will spook them, putting them off balance and making them doubt if this was such a good choice after all. Your goal has now become to TAKE from the attacker,



instead of being passive and seeing what happens next.

If no weapons are obvious, you need to take charge of the interaction. Speaking in a loud deep voice with lots of energy can unsettle someone seeking a quiet little ambush, and any physically imposing energy you can muster will

give you an edge. Imagine the way a football linebacker slaps a guy on the back, and is being friendly, but all the while demonstrating a powerful confidence and dominance over the people they interact with. Asking their name will put them further off balance, and it will be much harder for them to rob you once you are no longer a nameless mark. As for directions, because they already know you're not from around here. Once you get their help, thank them and end the interaction by walking away. You've now totally dominated the situation, changed the purpose of the interaction, and put the attacker in a compliant state, where the most likely outcome is that they will return to whatever it was they were doing before you came along - instead of risking being dominated again in a second interaction. Deny your attacker the chance to steer a conversation towards their goals, and they will move on to an easier mark.

Real life isn't like the movies, and I hope you never have the experience of someone holding a gun to your face. If weapons come out in an interaction like this, your choices become extremely limited. You need to decide if you want to escalate the situation with retaliation, or simply concede to their demands and hand over what they want.

Being Attacked

There are typically three different situations you need to know how to deal with:

- One guy attacks you hand-to-hand, either alone or with friends looking on
- A group of guys jump you all at once
- You are facing a single or group of attackers that are armed

If one guy attacks you the best thing you can do is take two steps back. Throw them off whilst looking big and angry - but puzzled as if your thinking "What the hell was that?" If he has friends, they will usually help to break up the scuffle. The worst thing you can do is re-engage,



because this will change your status to the attacker, and the friends will join the fight. Looking angry and annoyed displays that you are quite a tough guy, and this may not be the right fight to pick. Back up, and let the friends take the attacker away.



If your attacked by a group, you need to fight them off as best you can, and get the hell out of there. Swing as hard as possible and aim for sensitive spots, you want to knock a couple down so the others hesitate, before running away as fast as you can. Inflicting some serious

damage on one or two of the group is a good incentive for the others not to chase you themselves.

If your facing down an attacker (or a group) with weapons, again - run. Looking tough isn't going to help you here, you need to get out as fast as you can. If you are cornered, or facing a gun - just give them what they want. It's not worth your life to protect your bug-out-bag, or any supplies you may have on you. Hand over what they want, and then get out of the area as fast as you can.



Thwarting the get instinct

On the other side of the coin is to remove the instinct of "get" from a potential attacker. If you make it seem like you have no supplies or goods that are worth their time, for the most part an attacker won't even bother - in their mind it's not worth it. The two ways to reduce the "get" instinct are:

- Have nothing they want to get
- Make it too difficult to get it from you if you do have something they want



Have Nothing Worth Getting

This is basic OPSEC, and goes for every item on your person, in your safe house, and in your bug-out-bag. You want to be the grey man, the person who passes through neighbourhoods unnoticed because there was nothing particular about you that stood out.

Don't purchase anything that draws the eye. This goes for fluorescent bug out bags, to those decked

out in army print that are just asking to be taken from you because it's clear they're brimming with top notch supplies. Never wear new or expensive looking clothes when you are on the streets after a



crisis, and the same goes for brandishing expensive electronics. Your home needs to demonstrate the same level of security, and your preparations like your food stores should be kept secret from everyone except those in your inner circle. If you appear to have nothing worth getting, you significantly reduce the reasons why someone would want to attack you or your home.

Make It Really Hard to Get Anything from You

The best analogy is to an armoured car. Yes it's full of cash, but these aren't typically robbed because the guards with shotguns, the thick steel of the car, and the likelihood that anyone even trying will be cut down before they make a dent - means armoured cars can drive the streets without even a concern.

You need this same mentality for your safe house and your person. Your home needs to have a security system, high gates, guard dogs and motion sensor floodlights so anyone even thinking to take from you faces some serious challenges. Most likely, they will move on to an easier mark.



For your person you need to be smart whatever situation you are in.

Always carrying a firearm is a fantastic deterrent for many attackers, especially if you are carrying it in plain sight. Travelling in groups of at least 2-3 people make you a more difficult target, as it complicates any situation when more people are involved. Practising some form of fitness program and self-defence training is the final recommendation, if an attacker does make a move you can use your skills to let them realise they have just made a very bad decision.



Final thoughts

Keeping yourself safe on the streets following a disaster is all about triggering an instinct in the people you meet. You want to do everything you can to appear intimidating so a potential attacker feels they need to protect themselves from you. You

should also demonstrate that you have nothing of value for an attacker, and that whatever you have is going to be very difficult to get.

The dark side of survival

In a crisis you will be tested. There will be situations and choices you need to make that will rock you to your very core. Life threatening situations will test you, challenging your beliefs and may leave you questioning the actions you took for the rest of your life. Before any deadly force is used, these three events must be met:

- Force is a defensive weapon, deadly force may only be used against people to protect one's own, or another life.
- The amount of force must not be excessive. You cannot kill someone for a minor offense.
- There must be a reasonable chance of victory.



The following skills are not fun, and are definitely not to be taken lightly. These reflect the five most important things you need to be ready for in a disaster, but also the five hardest decisions to make. Ultimately you need to live with the actions you take, so be sure that you can before you practise any of these skills in real life.

Ending a life

The worst crime a person can commit, ending a life is also recognized as a sin in the bible.



The chaos that takes over your neighbourhood in the aftermath of a disaster can very quickly escalate into senseless violence. You will be facing extremely dangerous people on the streets, those with no inhibitions because the breakdown in law and order has removed any possibility for repercussions from their actions. Increasingly desperate from dwindling water and food supplies, you need to think long and hard about the steps you need to take if you come face to face with such an individual.

The act of ending a life is simple enough. A gunshot or a knife wound is deadly, but it's the choice to take the action that is the hardest decision you will ever make. It might seem like an easy choice now - of course the safety of my family comes first, but when you are staring into the eyes of another human being you ask yourself - am I ready to kill?

Prepare yourself beforehand. In a true emergency you may need to act in self defence to preserve the safety of your family. Having prepared mentally, knowing and having a clear sense of what is right and wrong will reduce some of the shock you will have, but it will never truly eliminate everything you feel.

Ending someone's life is the worst thing you can do to another human being. With this one action you are effectively cancelling them out of existence. Whether they deserve it or not is a judgement call you need to make, because in a disaster you may need to defend yourself. Any hesitation is the difference between the intruder getting the first shot off instead of you.

Taking the shot



If you are in a situation and you are being shot at, the best thing you can do is to remove yourself as fast as possible. When this is not an option, you have to know how to retaliate.

Practise training at your shooting range under a variety of conditions. Typically, most shooting practice is done while stationary, at a stationary target sitting a defined number of yards away. You need to incorporate a more aggressive approach in your preparation if you even want a chance at being effective in a real situation.

You need to be effective at three main types of shooting:

- Shooting at a moving target
- Shooting from a moving vehicle
- Shooting from behind cover

Most practise ranges have the ability to practise with moving targets. Make sure you do your training right, because there are many additional factors you need to consider. Range makes a huge difference, especially if the target is moving fast. You need to factor in also the angle the target is moving at, and the time your bullet is in flight. Clay shooting clubs are another good way to hone your accuracy and skills. You don't want to be figuring out the adjustments you need to make in an emergency, do your training right at the start and prepare yourself.





Shooting from a moving vehicle is harder to practice, unless your shooting range has a designated area that cars are allowed. If you have a large property you can practise this on your own land, because in a fire-fight you most probably are not going to be on foot. The cars travelling speed will greatly affect your accuracy, practise until you are confident in your skills.

Shooting from cover is more tactical, and it can be hard to recreate the intensity of a fire fight at a shooting range. To hone your tactical skills it's recommended you go for regular skirmish sessions at a paintball arena, you will fast learn how to shoot effectively from behind cover as you avoid the bruises that come with paintball!



In all three situations, remember to aim for the easiest target, the attackers chest. It's the part of the body that moves the least, and is the largest target area - containing many vital organs. It's not nice to think about this sort of training, but it goes hand in hand with helping your family survive.

In a real gunfight your best bet is always to put as much distance between yourself and your attacker as possible. It's not worth the risk of injury or death if you can help it. But if you follow this training plan and learn how to effectively and accurately shoot in these three situations, you will be prepared if you do need to defend yourself.

Conducting a raid

Stealing supplies from another source is illegal, but in a crisis it may be what keeps your family alive. Most survivalists prepare enough food and supplies so they never have to follow this path. But for whatever reason you find yourself needing to steal supplies, this is how to go about it.

First you need to do reconnaissance. Learn everything you can about your target. Where are the entry and exit points, how many guards are on duty, and how many people are inside the complex. If you don't have all the information, you can't make informed decisions, and may find yourself in deeper trouble than what you started with. Decide the objective of the raid, i.e. the critical supplies you need to find. You want this to go as fast and as smooth as possible.



Gather your team together and surround the target. It's better if you have practised this before with your community of survivalists, but ultimately you just want to block off all entry and escape points from the target. Good communication gear is needed to keep everyone up to date.

Once in position the assault team needs to breach the targets defences, while the support teams provide

covering fire. You should choose the path of least resistance to reach their store room, if your reconnaissance has shown this to be the basement attack from the back and breach as fast as you can. Speed is the key to an effective raid, hitting hard and fast before the defenders can get organised and stage a deadly retaliation.

Grab what you need, and only this. You are not a group of animals, and the people you are stealing from also have families to feed. It's a crisis yes, but you need to remain civil. The support teams goal is to provide covering fire while the assault team withdraws, once out evacuate the area and reconvene about 1km away. Check for any injuries and confirm you got everything you needed from the raid.

The best raids are supported by fear, shock and surprise. Breach their defences fast and subdue any defenders as quick as possible. Timing is critical, and many find the best time for a raid to be the early hours of the morning when most people are in their deepest sleep. Try to range as far as possible from your home base when conducting raids, it reduces any chances for tracking and retaliation should you be followed.



The best transport for a raid is bicycles, allowing you to silently and swiftly approach your target. Cars are great, but their approach can be easily heard if there are guards stationed.

Having to raid for your supplies is definitely not ideal, and should only be practised in a true last resort situation. Everything you take is stealing from another family that needs just as much help as you.

Deadly hand-to-hand combat techniques

In line with your self defence training, you need to be aware of the sensitive areas on someone's body. Each of these when struck with sufficient force will cause an individual to die. Fights are never

won by defensive action, and in a life threatening situation you need to fight with all of your force, strength and ability.

Your most effective natural weapons are as follows:

- The knife edge of your hands
- Your fingers folded at the second joint or at your knuckles (forming a fist)
- The protruding knuckle of your second finger
- The heel of your hand
- Your boot
- Your elbows
- Your knees
- Your teeth.



For normal daily life, deadly fighting skills will never be used. In a disaster, they could be the difference between your life and death. For the best effects, target your attack on the following key areas:



- **Temple**

If struck with sufficient force it will cause unconsciousness and death. Typically a heavy blunt object will be the best weapon to target this area, but your fists will also stun your opponent if you land a good punch. If you manage to knock your opponent down, a hard kick to the temple will ensure they never get up again.

- **Eyes**

Your attackers eyes are extremely vulnerable. A handful of dust thrown straight in their eyes can give you a brief opening to land a few hard punches, or attach using your fingers in a gouging motion. If you can effectively blind your attacker, even for a brief moment, you can escape, or end the fight.

- **Nose**

A hard and sharp hit to the nose with the knife edge of your hand is effective enough to break it. It will cause the eyes of your attacker to well up, distorting their vision and giving you a chance for another attack.

- **Throat**

It's relatively well protected but if you can land a hard hit on your attackers throat with the knife edge of your hand you can block their airway, and then it's mere minutes until they die from a lack of oxygen.

- **Neck**

A blow delivered correctly to the back of your attackers neck can easily break their neck. More commonly called a "rabbit punch", you need to have accuracy for this one to be effective. If you have access to a heavy blunt object like the butt of a pistol, hit them in the back of the neck with this to be sure.

- **Ears**

Cupping your hands in a clapping motion over your attackers ears can kill immediately. The vibrations from the clap (if done hard enough) will burst their eardrums and cause internal bleeding in the brain. The downside is you need to catch your attacker unaware, so it's not the most practical self defence move.

- **Groin**

For a male assailant this is a very sensitive spot. If you have the chance kick or use your knee and your attacker will be doubled over in pain on the ground.



- **Kidneys**

There is a large nerve connected to your spinal cord that comes very close to the skin at your kidneys. If you land a direct blow with the knife edge of your hand you can kill an attacker.

- **Strangulation**

There are two different ways you can strangle an opponent. Using your arm to compress a victims neck you will manually obstruct the flow of blood to their brain. Known as a "blood choke" this will cause unconsciousness within 5-14 seconds. If you continue to hold the neck past this time, brain damage will occur, and the victim will die within minutes.

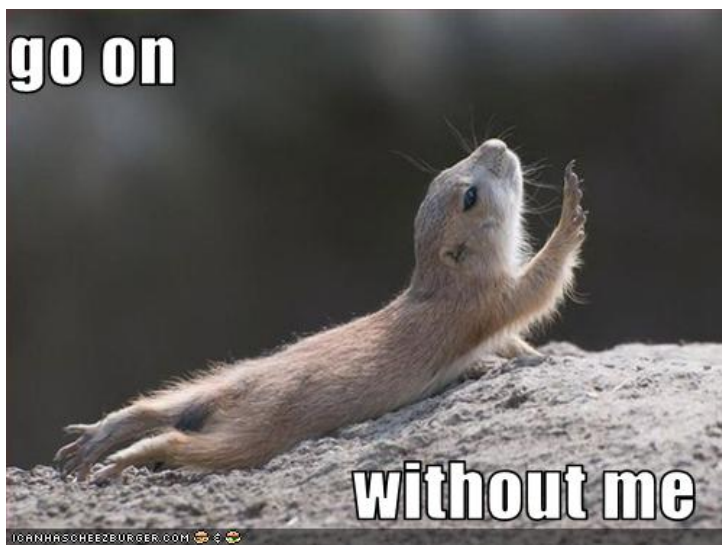
An airway choke is a manual compression of the victims airway, leading to asphyxia and death from a lack of oxygen. This is the "neck throttling" technique seen most commonly on The Simpsons. It's a fatal technique, but the airway needs to be blocked for approximately 4 minutes.

Effective strangulation requires either a large difference in strength or technique between the assailant and the victim.

- **The head**

The hard ground beneath your feet is often the most effective weapon in a hand to hand fighting situation. The most efficient way for anyone to kill another with their bare hands is to first knock an opponent unconscious, or gain enough control of the struggle to allow you to repeatedly slam the back of their head into the ground multiple times. Several forceful slams into the ground will result in catastrophic brain damage and immediate death.

Leaving someone behind



In a disaster situation there are going to be many tough decisions to make. If you have gangs controlling the streets, and innocent people are getting shot, you will find that one day it all catches up to you.

The final skill to survive a life threatening situation is an ability to let go. There will be times that someone has been shot and killed, but what if they are merely injured? What happens when you can't get them out to safety?

Of course you should always do whatever you can to take them with you, but reality is much harsher. It will be nothing like the heroic scene at the end of a movie. It's a tough call you need to make putting the best needs of your survival group ahead of the group members individual needs.

First aid training will help you in your decisions, as you will be in a better position to identify superficial wounds as compared to life threatening ones.

Ultimately, you will just need to make a call. If you've been conducting raids the participants will have known the risk, but if you've been attacked in your safe house and you can't evacuate the injured it's going to be very traumatic.

Nothing you can learn will adequately prepare you for this situation, but for the best of your group - it's the final skill you need to survive. The ability to put the security of your group above all else.

Final thoughts

In any disaster the good will come with the bad. This guide covers how to deal with many negative effects of a disaster, but there are also fantastic stories of entire communities coming together to pull themselves through in a crisis.

The bad people are usually few and far between, the world is generally made up of caring and kind communities. Be a part of the solution if you are ever in a crisis.

