

# 1000 DEADLY SKILLS

The SEAL Operative's Guide  
to Eluding Pursuers,  
Evading Capture, and Surviving  
Any Dangerous Situation



Navy SEAL, Ret.

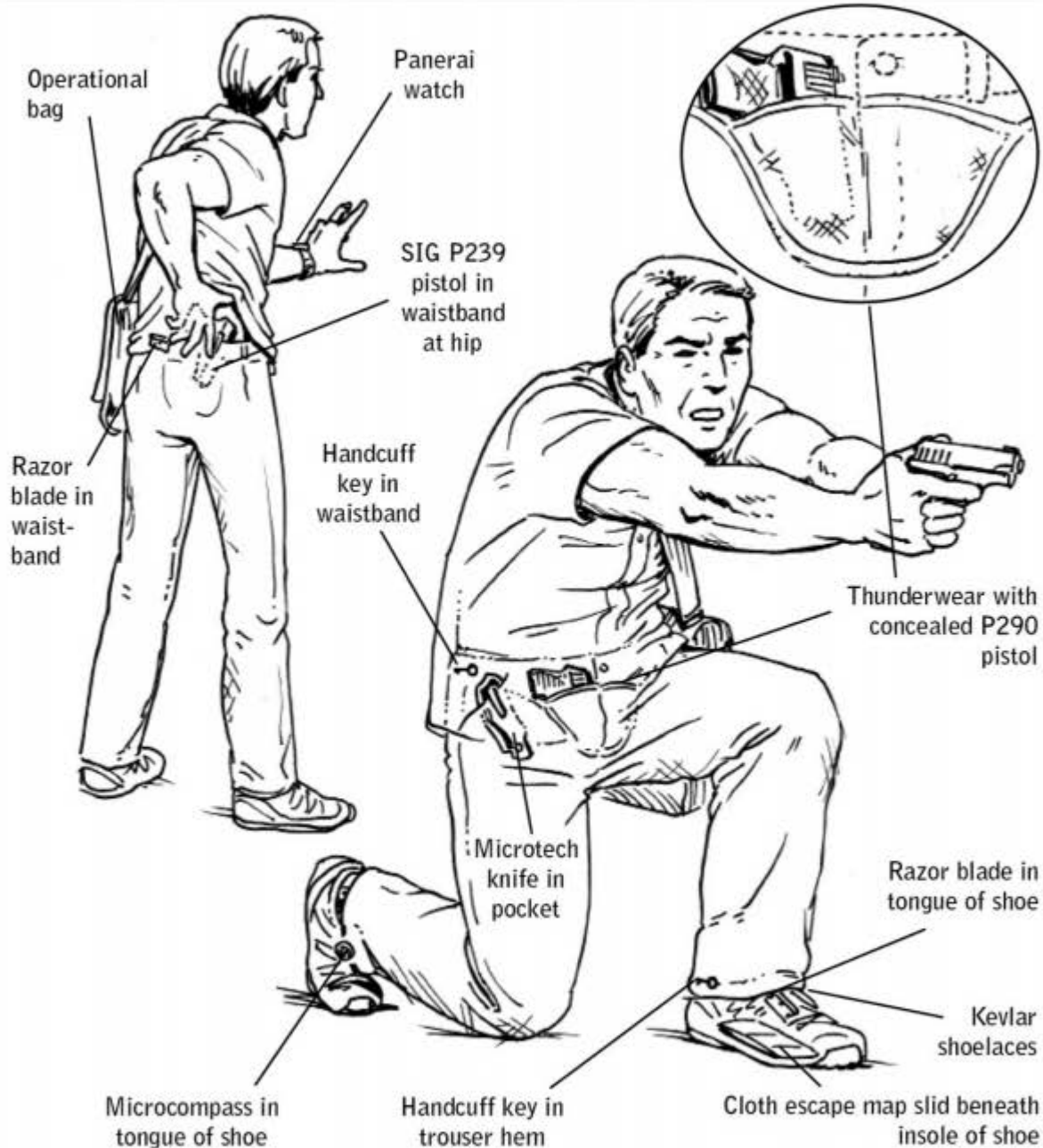
# CLINT EMERSON

Our fate is determined by how far we are prepared to push ourselves to stay alive—the decisions we make to survive. We must do whatever it takes to endure and make it through alive.

—BEAR GRYLLS

# No. 001: Anatomy of a Violent Nomad

CONOP (Concept of Operation): Conceal tools of survival and escape in order to decrease exposure to threats.

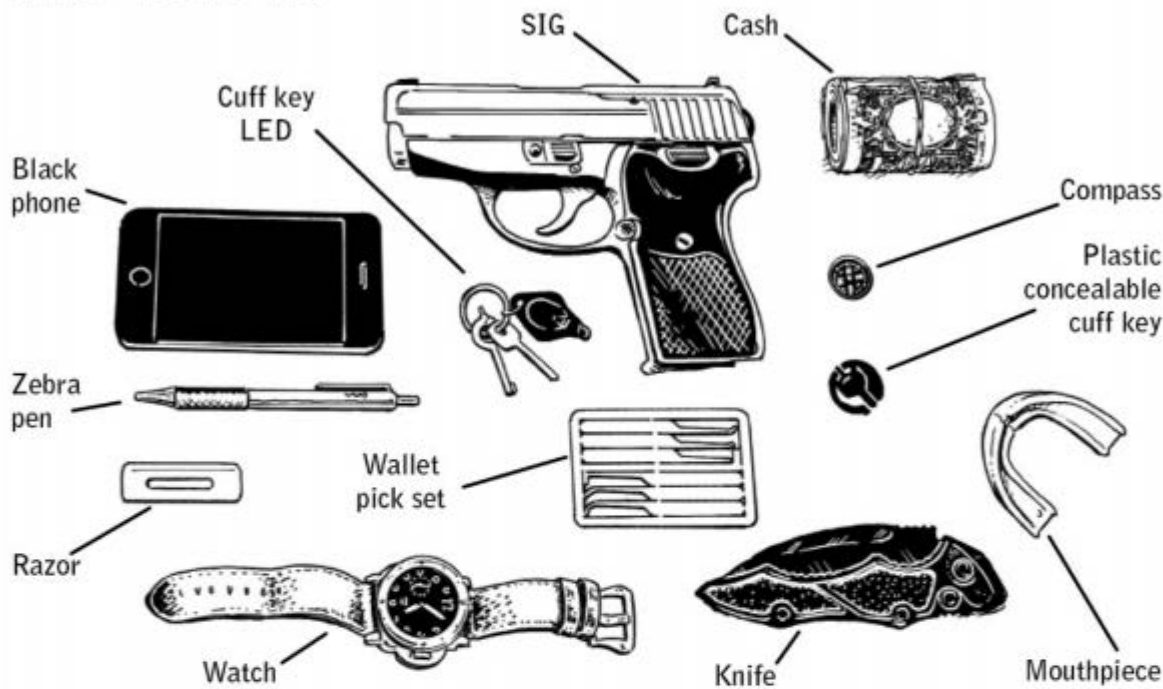


**BLUF:** Blend in, but always carry a gun and cash. What can't be purchased with one can be procured with the other.

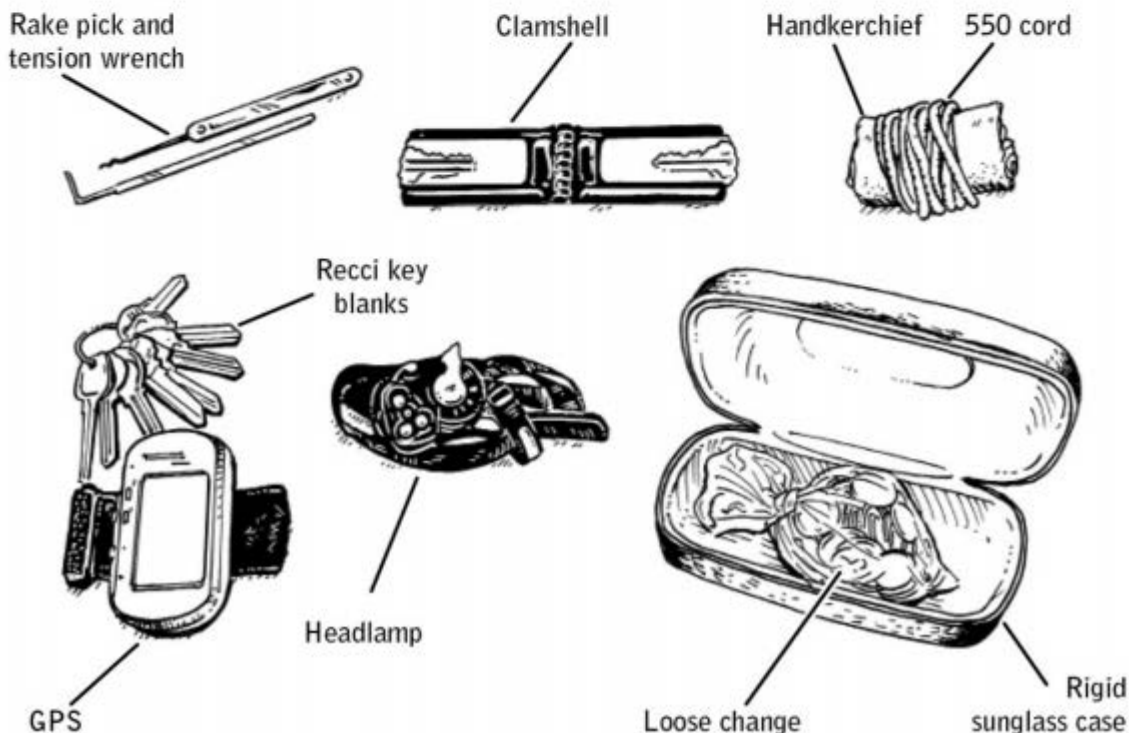
# No. 002: Create an Every Day Carry Kit

CONOP: Acquire and consolidate specific items in order to equip Every Day Carry (EDC) kits.

## COA 1: Pocket Kit



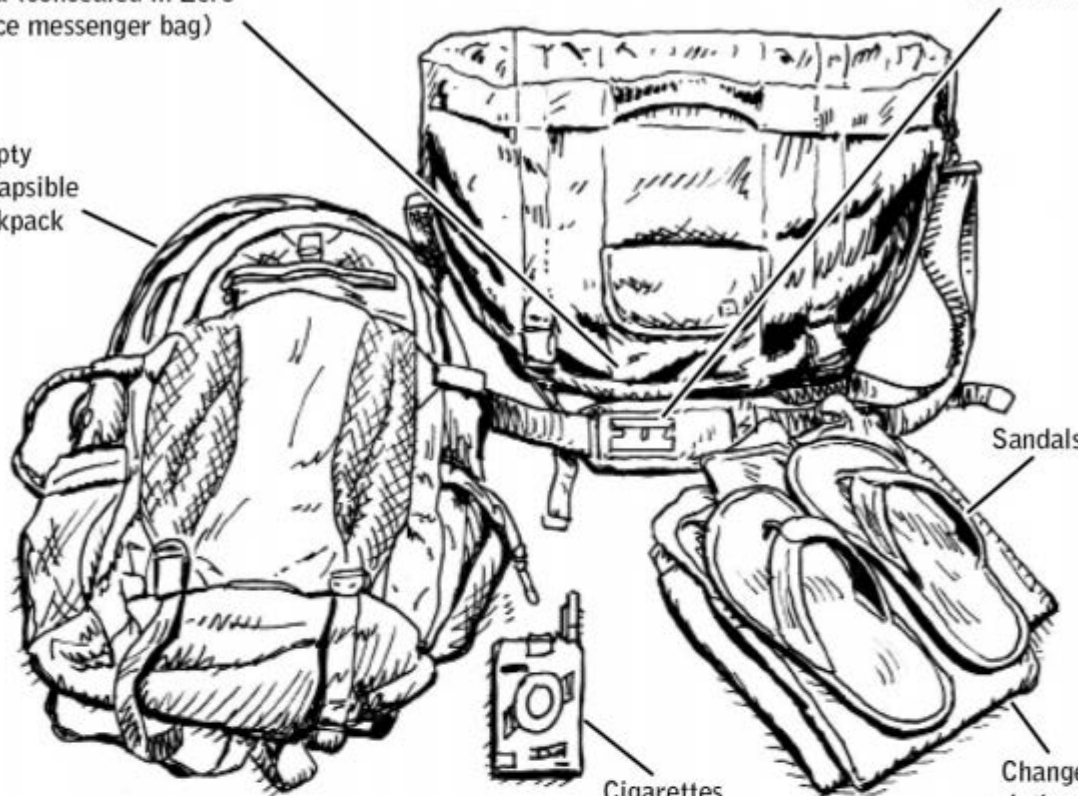
## COA 2: Container Kit



Concealed pocket for data (concealed in Zero Trace messenger bag)

Concealed razor blade

Empty collapsible backpack



Sandals

Cigarettes

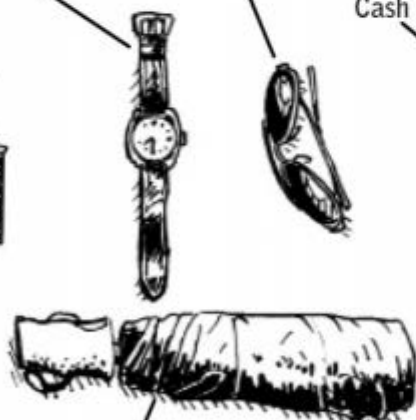
Change of clothes (in opposite colors of clothing worn)

Extra watch

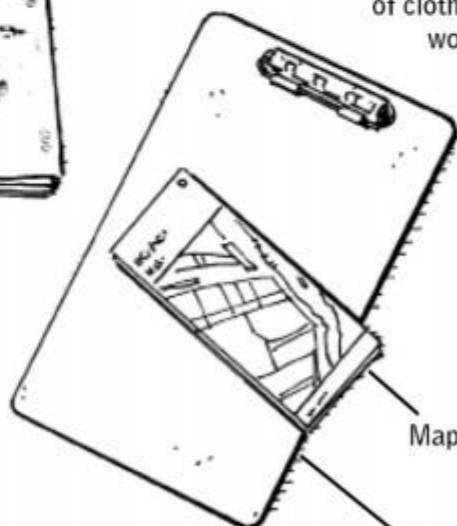
Sunglasses

Cash

Lighter



Umbrella



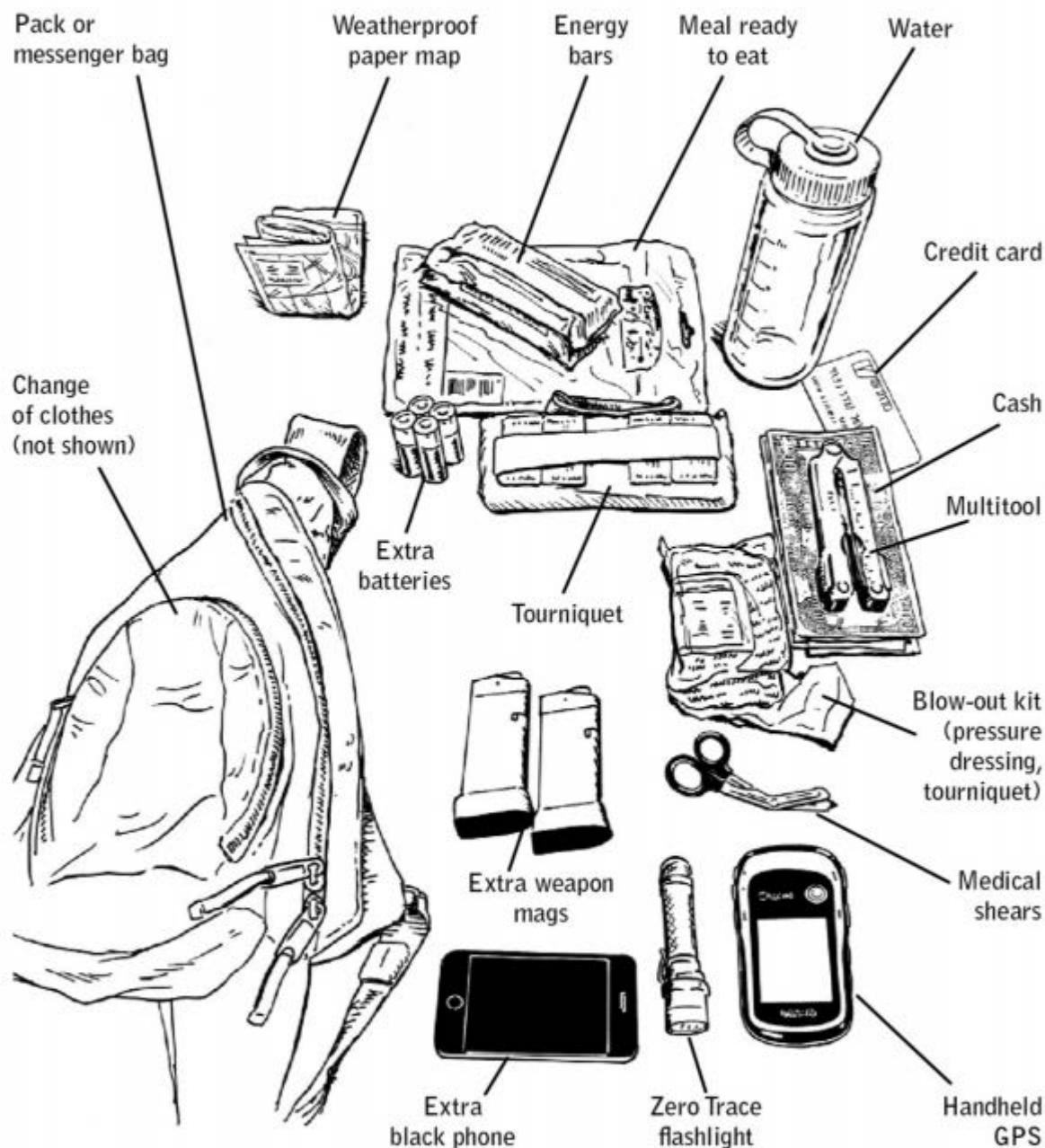
Map

Bulletproof clipboard

**BLUF:** Life is unpredictable. EDC kits provide the upper hand against the unknown.

# No. 003: Build a Vehicle Bolt Bag

CONOP: Be ready to move when crisis strikes.

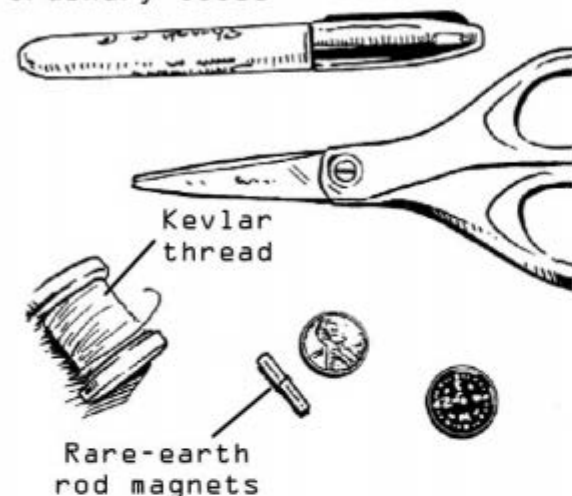


**BLUF:** A solid bolt bag should contain one day of life support.

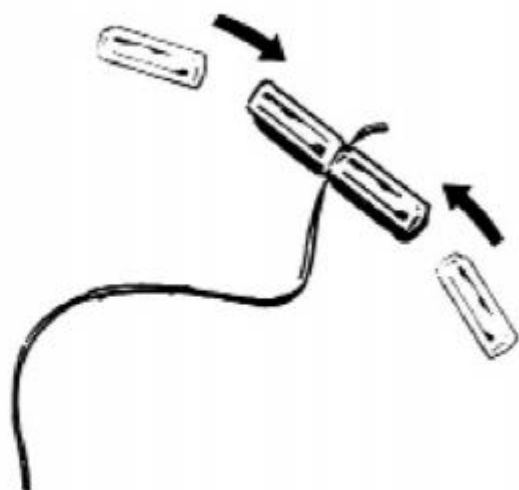
# No. 004: Make a Concealable Compass

CONOP: Construct and conceal a fail-safe backup compass.

COA 1: Improved compasses are more discreet than their manufactured counterparts and are easy to make using ordinary tools.



COA 2: Cut six inches or more of Kevlar thread. Clamp thread between two rare-earth rods.



COA 3: Dangle the magnets. Use a compass to determine which rod is north. Mark north rod with marker.



COA 4: Small enough to be sewn into a hem, the resulting compass can be concealed in a variety of places.

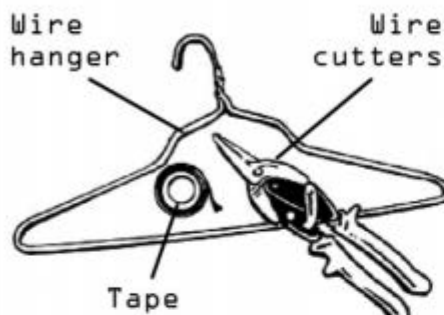


**BLUF:** Poor navigation is the number-one cause of recapture after escape.

# No. 005: Build an Improvised Concealable Holster

CONOP: Construct a concealable pistol holster utilizing a wire clothes hanger.

COA 1: Acquire supplies.



COA 2: Cut and remove the hook from hanger.



COA 3: Straighten remaining wire and fold in half.



COA 4: Bend folded end one inch from loop.



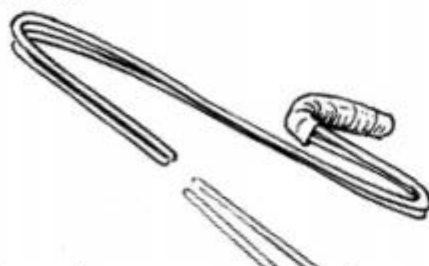
COA 5: Bend two inches from first bend, creating an S.



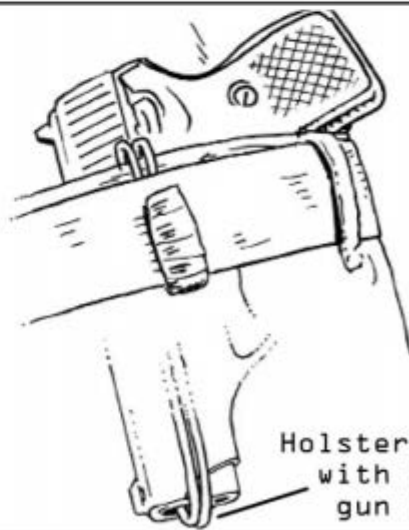
COA 6: Measure length of pistol to determine barrel-hook bend point.



COA 7: Bend barrel hook. Hook should be two to three inches.



Cut and remove remaining wire and add tape for comfort.



Holster in use with hook in gun barrel.

**BLUF:** A good concealable holster should also provide support and security for the pistol.



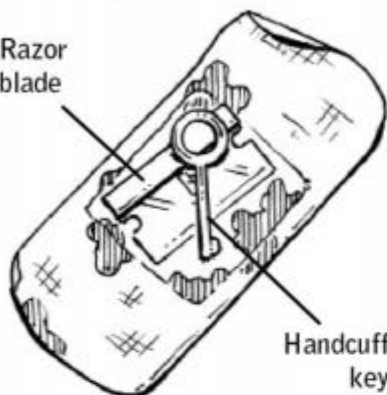
# No. 006: Conceal Escape Tools

CONOP: Conceal escape tools on and within the body.

COA 1: Bandage  
(bloody)

Razor  
blade

Handcuff  
key



COA 2: Hair  
concealment

Medical adhesive  
used to glue tools in  
pubic/axilla hairlines



COA 3:  
Tampon  
applicator



COA 4:  
Silicone  
scars

False scars with  
tools hidden  
within scar tissue

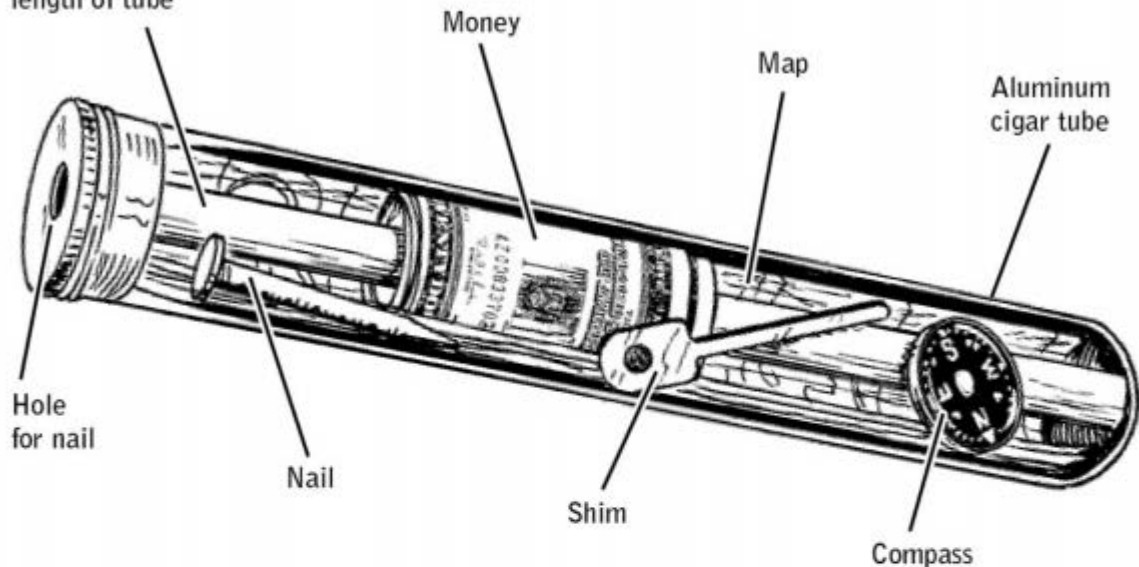


**BLUF:** Properly concealed  
tools increase  
chances of a  
successful escape.

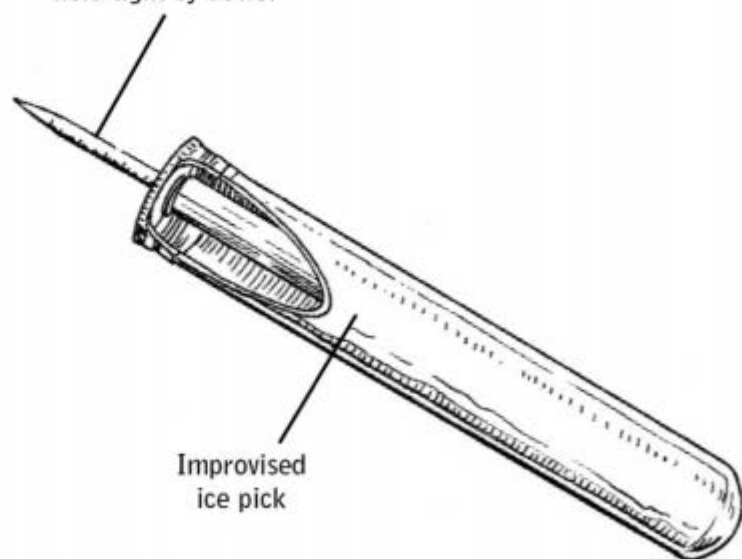
# No. 007: Construct a Rectal Concealment

CONOP: Conceal lifesaving tools in body cavities.

Dowel cut to fit length of tube



Nail through hole in lid, held tight by dowel



Cut dowel to exact length of tube—short enough to fit snugly in tube but still allowing tube to screw down completely.

Drill hole in lid big enough for nail.

Fill tube with tools and money.

Use vegetable oil or other lubricant to insert tube into rectum.

When ready to escape, retrieve and turn into ice pick. Aim for the throat.

**BLUF:** Exploit the fact that captors may be squeamish about searching body cavities.

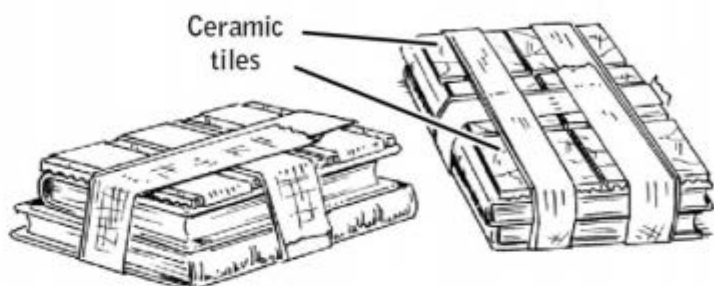
# No. 008: Use Improvised Body Armor

CONOP: Build expedient body armor using everyday items.

COA 1: Acquire hardback books, duct tape, and ceramic tiles.



COA 2: Tape two or more books together to create one plate. Construct two plates. Tape on a layer of ceramic tiles.



COA 3: Add shoulder straps made of tape to create a body-armor system.

Secure system to body by wrapping horizontal layers of duct tape.



COA 4: Conduct jump test and add tape as needed to increase integrity.



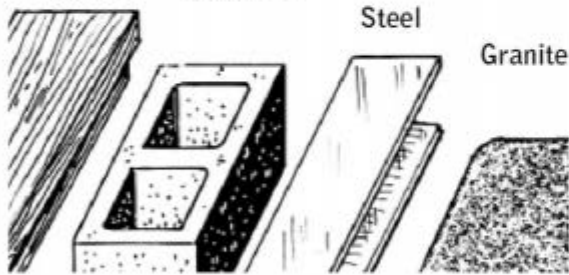
**BLUF:** As a method of last resort, operatives can use hardcover books to deflect projectiles.

# No. 009: Identify Emergency Ballistic Shields

CONOP: Know where to take cover when caught in crossfire.

COA 1: Bullet-slowing and -stopping materials

Dense wood  
Concrete  
Steel  
Granite



COA 2: Know the difference between cover and concealment. Cover stops bullets, concealment doesn't.



Concrete and steel: cover

Drywall: concealment

COA 3: Identify and use makeshift structures while at home or in public.



Granite-top table

NOT sofa



Engine-side of car

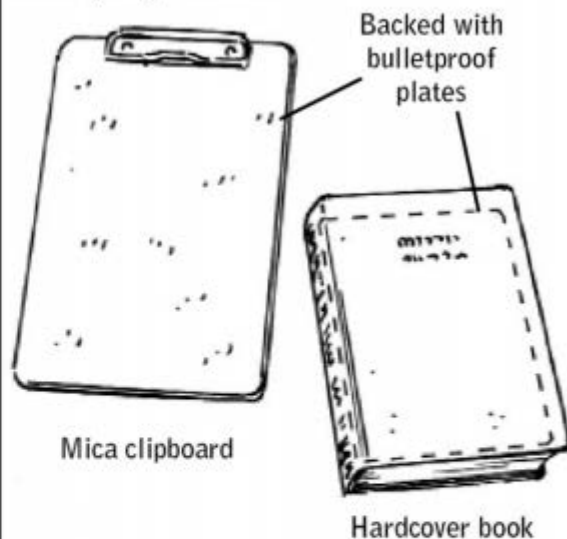
NOT trunk-side



Concrete planter

NOT trash can

COA 4: Acquire bulletproof materials and disguise as everyday items.



Mica clipboard

Hardcover book

**BLUF:** Always choose cover over concealment; rapidly move from cover to cover.

# No. 010: The Violent Nomad Workout

CONOP: Use a stacked workout to simulate fighting conditions.

Hanging heavy bag strikes, one minute



Sprint half mile



Grounded heavy bag strikes, one minute



Sprint half mile



Heavy bag bear hug carry, one minute



Sprint half mile

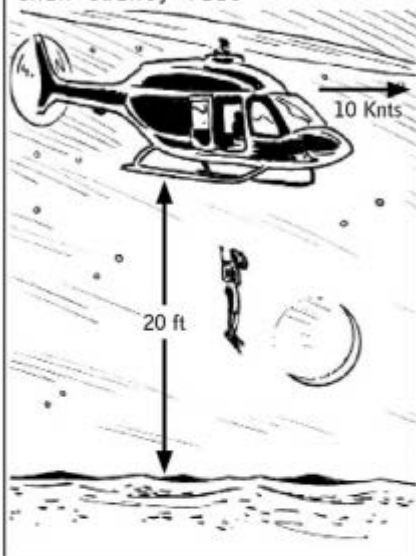


**BLUF:** A "Run Fight Run" philosophy builds endurance for hand-to-hand combat.

# No. 011: Cross Enemy Borders by Sea

CONOP: Conduct aquatic border crossing without detection.

COA 1: Helo cast (jump) from a distance no higher than twenty feet.



COA 2: Maintain tight body position, with all gear lanyarded in place.

Nose in line with navel and toes

Left hand holding mask

Eyes on horizon

Dry bag

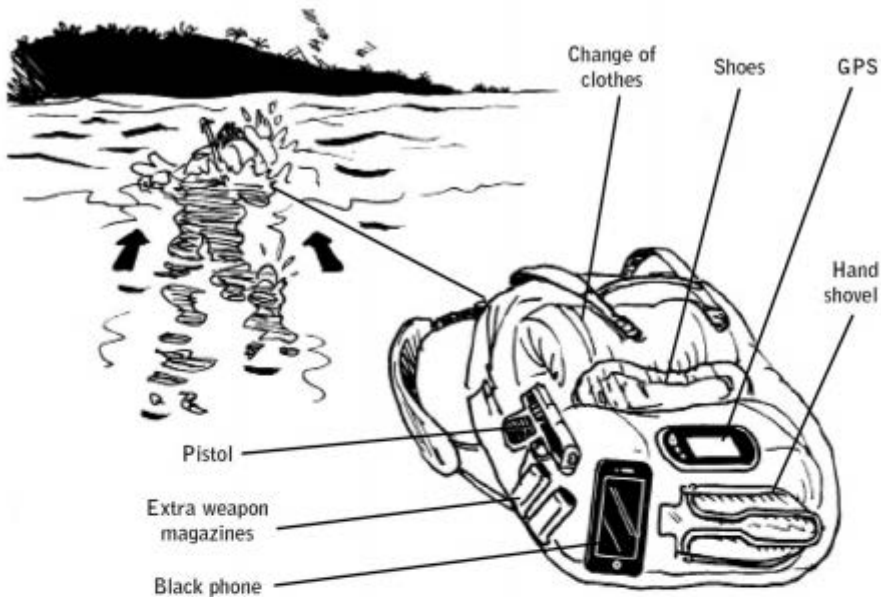


MP7 slung over shoulder, bolt forward, condom taped to muzzle

COA 3: Enter water with a straight spine, feet first.



COA 4: Swim to shore utilizing combat recovery stroke.



COA 5: Change out of clothes and cache swim gear. Dress to blend into environment.



**BLUF:** Unprotected beaches provide easy entry into areas of interest.

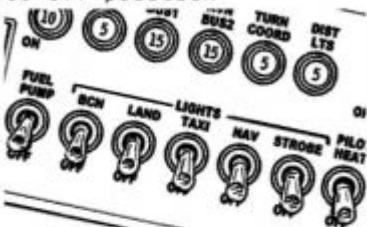
# No. 012: Cross Enemy Borders by Air

CONOP: Infiltrate territory via unmonitored airspace.

COA 1: Using the world's most common aircraft—the Cessna 152—fly within twelve miles of target country or area at ten thousand feet.



COA 2: Turn all radios, lights, and transponder to off position.



COA 3: Level and trim aircraft on a heading out to sea or into rural terrain. Exit aircraft and fly suit toward rural border.



COA 4: Open chute and land inside enemy territory.



COA 5: Melt and bury wing-suit and parachute. Blend in.



**BLUF:** Airspace provides numerous unmonitored points of access into many countries.



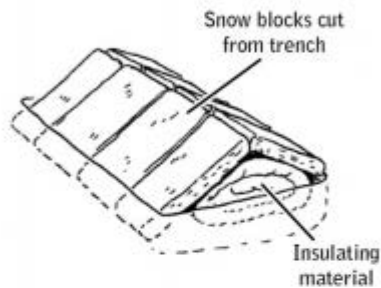
# No. 013: Cross Enemy Borders by Land

CONOP: Penetrate landlocked borders via difficult terrain.

COA 1: Cross-country motorcycles provide the ability to carry fuel and gear over challenging terrain.



COA 2: Multiday crossings will require night movement and daylight rest. Improvised shelters become paramount.



Snow Trench Shelter

COA 3: Track progress by pace counting if GPS fails.



COA 4: Walk on dry ground or transit during rain or snowstorms to ensure no consistent footprints are left behind.



**BLUF:** The more difficult the terrain, the better the odds of discreet infiltration.

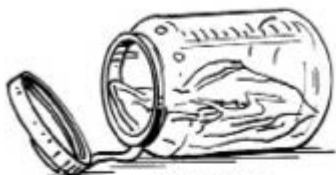
# No. 014: Conceal Gear Using Caches

**CONOP:** Properly cache operational gear or future life-support items.

## COA 1: Construction

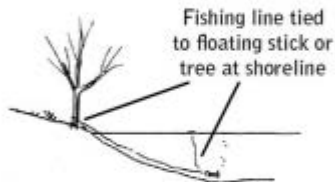


PVC pipe



Water bottle

## COA 2: Concealment



Fishing line tied to floating stick or tree at shoreline

Sunk at bottom of lake, river, or ocean



Buried and marked on GPS



Hidden inside roadkill



Hidden in hollowed-out tree trunk

**COA 3: Location.** Mark area or use a permanent feature as point of reference unrelated to cache-cache set "x" paces away from boulder or where two trails cross.

## COA 4: Content

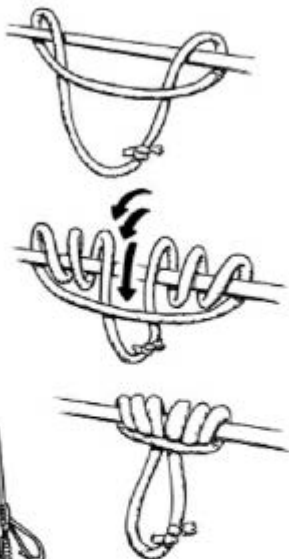
- Shelter – space blanket, plastic trash bags, thermals.
- Fire – matches, flint and steel, magnifying glass, cotton wool.
- Water – sterilizing tablets, filter, collapsible canteen and cover.
- Food – fishhooks and line, snare wire, slingshot rubber; ready-to-eat foods such as MREs.
- Cooking – sheet of aluminum foil, small cooking pot and utensils.
- Medical – first-aid kit and related gear.
- Tools – Mora knife, Swiss army knife, multitool, KA-BAR Kukri machete.
- Navigation – compass, topo map of area.
- Light – LED flashlight, headlamp, and batteries.
- Rope and cordage – fishing line, spool of dental floss, paracord.
- Repairs – sewing kit, duct tape, superglue.

**BLUF:** Proper caches will only be found by the cacher.

# No. 016: Scale a High Wall

CONOP: Ascend multilevel structures using improvised devices.

COA 1: Tie four Prusik knots: two for hands, two for feet. The one-way friction knot will slide up but not down.



Anchor bitter ends of rope—climbing line must be taut.



COA 2: Slide hands up to eye level, pull knees to chest, and stand up in loops. Slide hands up to eye level and repeat.



COA 3: Prusik knots can work on drainpipes, too, but must be untied and retied around support brackets.



**BLUF:** Prusik knots made out of shoelaces allow for emergency escapes.

# No. 017: Blend into Any Environment

CONOP: Understand and implement self-awareness in order to blend into any environment.



Personal Awareness



Cultural Awareness



Situational Awareness



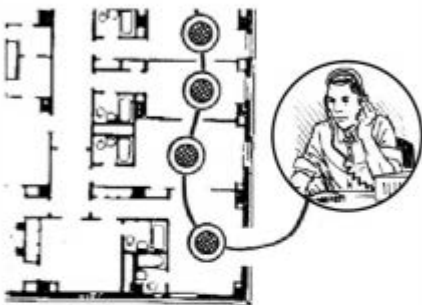
Third-Party Awareness

**BLUF:** The environment should always dictate dress, mannerisms, and actions.

# No. 018: Hotel Security and Safety Awareness

CONOP: Understand hotel security and safety abroad.

COA 1: A column of rooms or an entire floor can be wired for concealed audio and video surveillance. Westerners are regularly pushed into rooms that are prewired for listening and watching.



COA 2: Request rooms on second or third floors: Most countries' fire services and truck ladders are not tall enough to reach any farther.



COA 3: Request rooms between fire exits and elevators, equidistant from escape routes. Rooms near the stairwells should be avoided as they provide advantages to abductors.



COA 4: Employ all means of exit. Use stairs and elevators evenly. Enter and exit hotel from different doors at random. A Nomad's hotel routine should be as irregular as his movement around town.

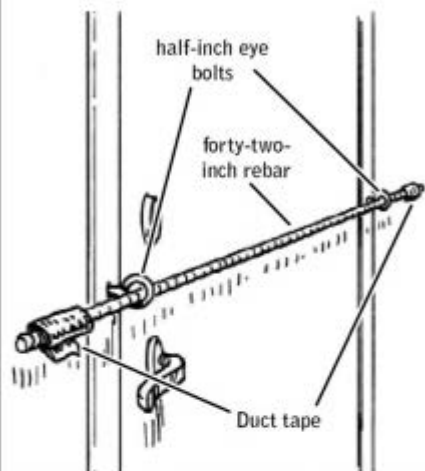


**BLUF:** Change hotels and rooms regularly to keep adversaries off balance.

# No. 019: Prevent a Hotel Room Invasion

CONOP: Control points of access using improvised barricades.

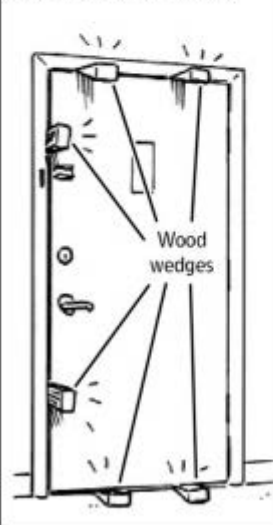
COA 1: Lock Door Bar



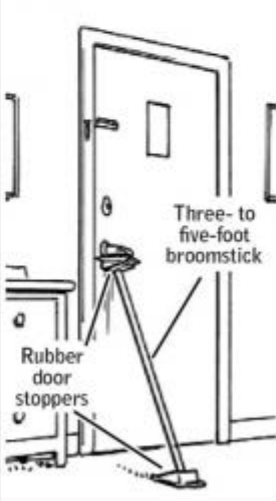
COA 2: Tension Lock



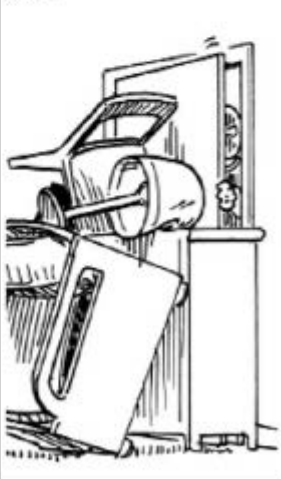
COA 3: Door Jams



COA 4: Doorknob Stick



COA 5: Heavy Objects Barricading Door

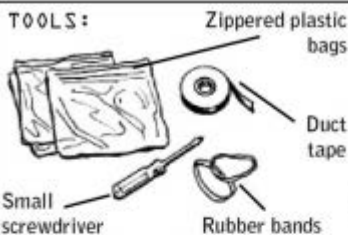


**BLUF:** Doors remain the number-one point of forced entry.

# No. 020: Conceal Belongings within Lodging

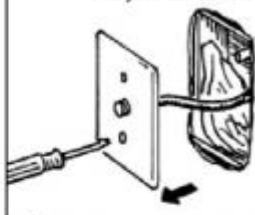
**CONOP:** Conceal important documents, money, and digital media.

## TOOLS:



Inside the hems of window curtains

Inside landline housing – use your screwdriver



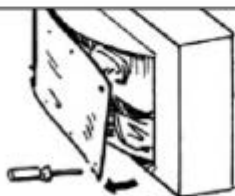
Inside zippered cushions on chairs

Taped to the bottom of a heavy piece of furniture

Taped to the bottom of a drawer—the bottom drawer is hardest to reach

Inside the cover on the ironing board

Beneath pulled-up carpet in the corner of a closet



Inside housing of televisions—use screwdriver to access the back

Inside bathroom products

Dropped inside the toilet tank (waterproof first)

Inside the shower curtain rod



**BLUF:** The more time-consuming the concealment is to create, the longer it will take to unearth.

# No. 021: Build a Room Hide

**CONOP:** Construct urban hide site for static surveillance operations.

**COA 1:** Choose a window with best field of view of target.

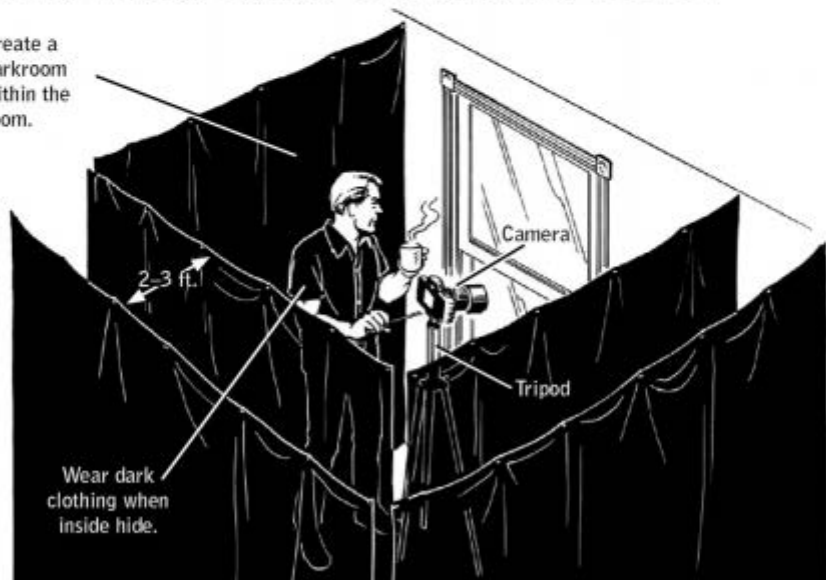
Always choose window higher than target.

Observe window dressing, etc., to ensure hide window looks like others.



**COA 2:** Tack five black or dark-colored sheets to ceiling, creating a three-sided room around window. Hang fourth and fifth sheets two to three feet behind back sheet—this will prevent backlighting when entering/exiting hide site.

Create a darkroom within the room.



**BLUF:** Through proper light discipline and camouflage, invisibility is achievable.



# No. 022: Steal a Vehicle

CONOP: Commandeer a vehicle for operational use.

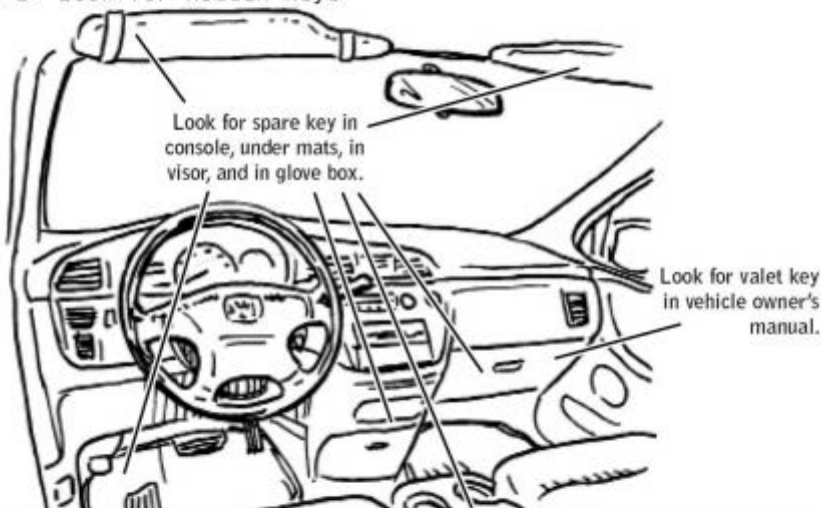
COA 1: Valet Key/Car Theft



COA 2: Carjacking



COA 3: Look for Hidden Keys



COA 4: Steal a Honda (1999 models or older)

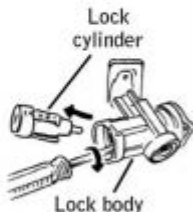
Break plastic housing on steering column.



Break steering column lock by pulling on steering wheel in one direction with brute force.



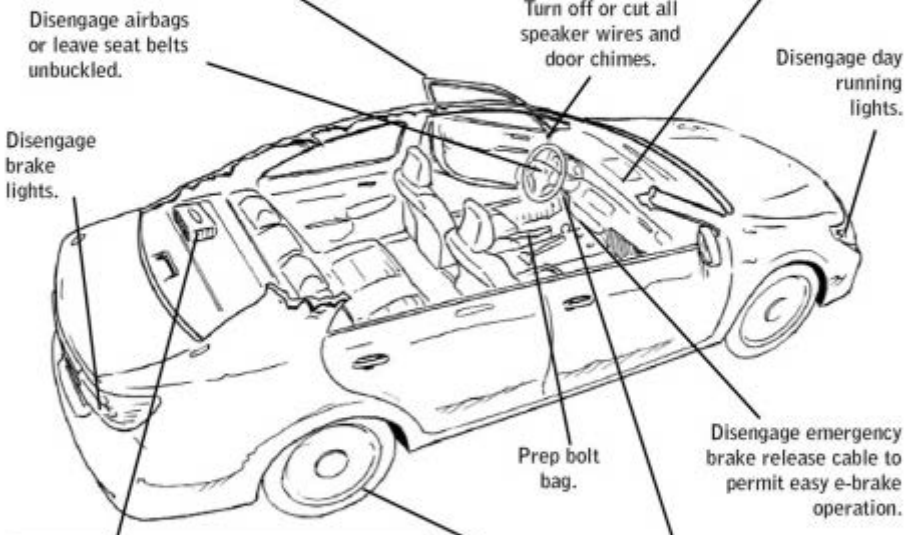
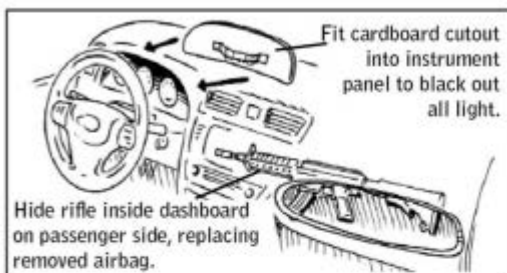
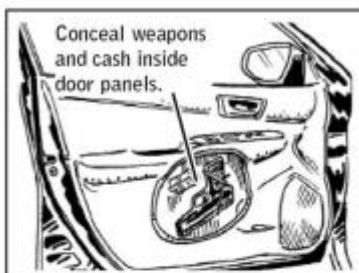
Separate lock cylinder from lock body. Insert screwdriver and turn. This turns the solenoid and starts the car.



**BLUF:** The fastest way to acquire a car is to steal one that is already running.

# No. 023: Operational Vehicle Prep

CONOP: Prepare a vehicle for operational use.



Overinflate tires five to ten psi over max.

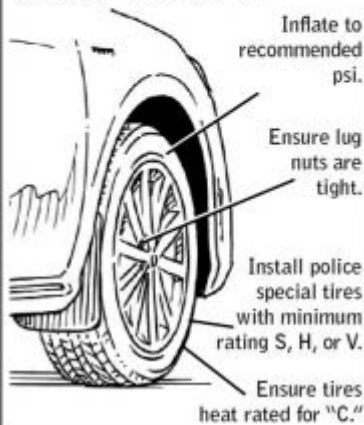
Cut or disengage all fuses to interior lights and chimes.

**BLUF:** The operational vehicle should be reliable, unremarkable, and always ready to go.

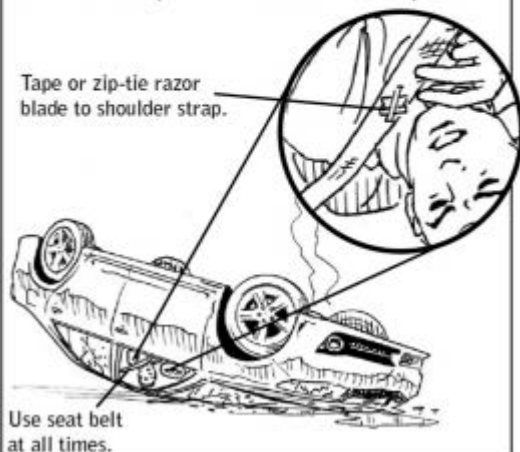
# No. 024: Escape and Evasion Vehicle Prep

CONOP: Prepare a vehicle for high-speed chases.

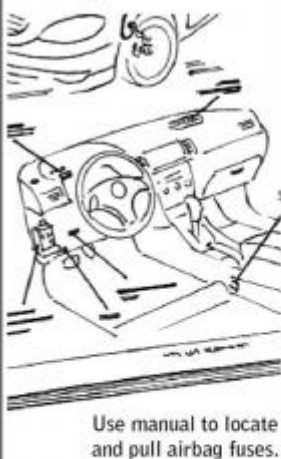
COA 1: Prep tires for evasive maneuvers.



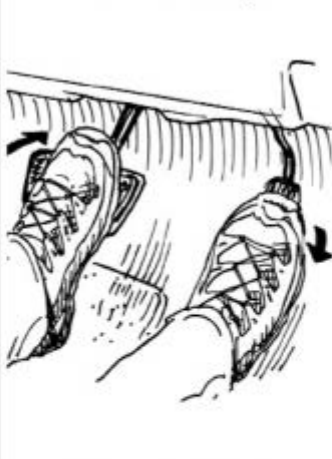
COA 2: Prep seat belt for impact.



COA 3: Disengage airbag.



COA 4: Practice left-foot braking.



COA 5: Practice threshold braking.



**BLUF:** E&E vehicle preparation can be the difference between capture and freedom.

# No. 025: Build a Vehicle Hide

CONOP: Construct a vehicle hide site for mobile surveillance.

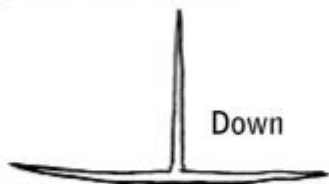
COA 1: Acquire two black sheets, safety pins, and scissors. Cut sheets in half to create four panels.

Hang panels to create a hide in rear portion of car.

Safety pins will adhere panels to fabric head lining.



COA 2: Cut "T" flaps that can be opened and closed.

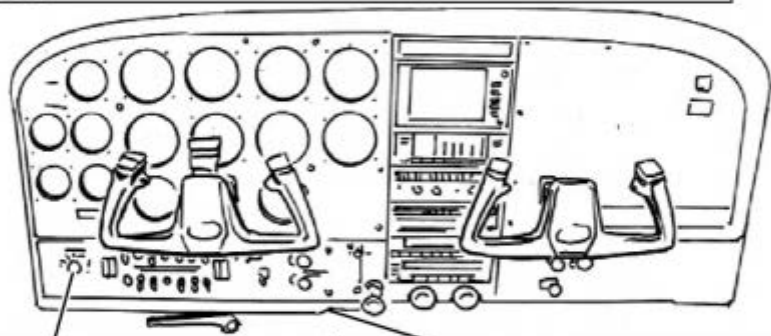
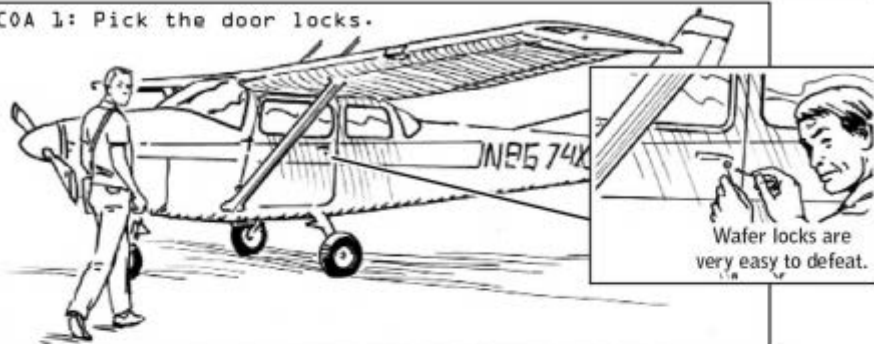


**BLUF:** Vehicle hides are only as good as the vehicle's ability to blend into the environment.

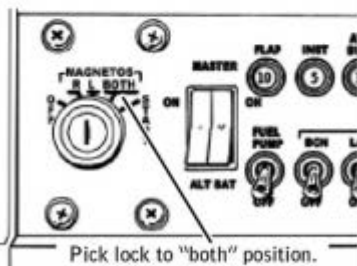
# No. 026: Steal a Plane

CONOP: Commandeer an airplane for operational use.

COA 1: Pick the door locks.



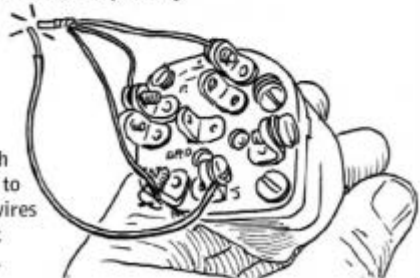
COA 2: Pick ignition.



COA 3: If unsuccessful, hot-wire ignition harness.

1. Wire left and right magneto and battery together, then wire starter separately.

2. Touch starter to other wires to start engine.

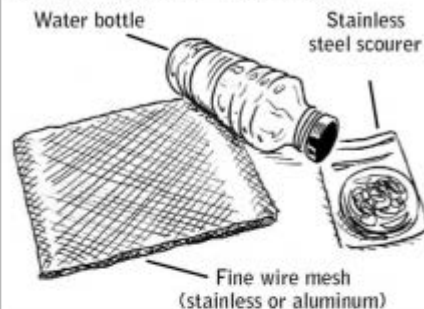


**BLUF:** Small planes on private airfields make for easy targets.

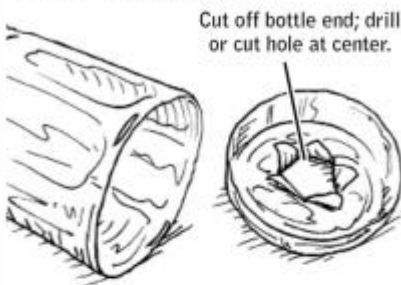
# No. 027: Make a Water Bottle Silencer

CONOP: Construct a disposable silencer from a water bottle.

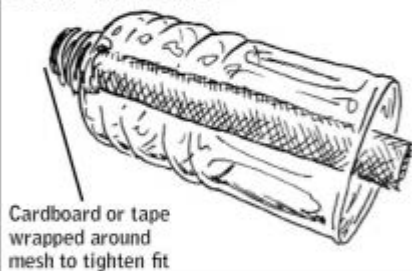
COA 1: Acquire materials.



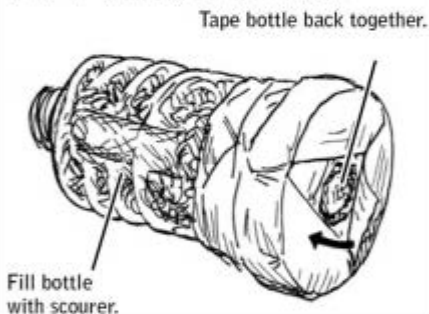
COA 2: Prep bottle.



COA 3: Roll steel mesh into cylinder that fits snugly into mouth of bottle.



COA 4: Assemble silencer.



COA 5: Attach to weapon.



**BLUF:** Suppressing the sound and flash of a gunshot significantly reduces third-party awareness.

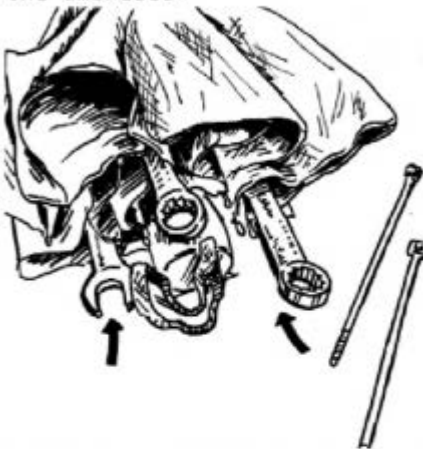
# No. 028: Transform an Umbrella into a Lead Pipe

**CONOP:** Load a standard umbrella with metal wrenches to create a lethal weapon.

**COA 1:** Acquire an umbrella, zip ties, and three or four wrenches.



**COA 2:** Load the wrenches into the umbrella.



**COA 3:** Ensure that the wrenches are concealed. Zip-tie umbrella and wrenches tight.



**COA 4:** Swing for effect.



**BLUF:** What appears innocent frequently is not.

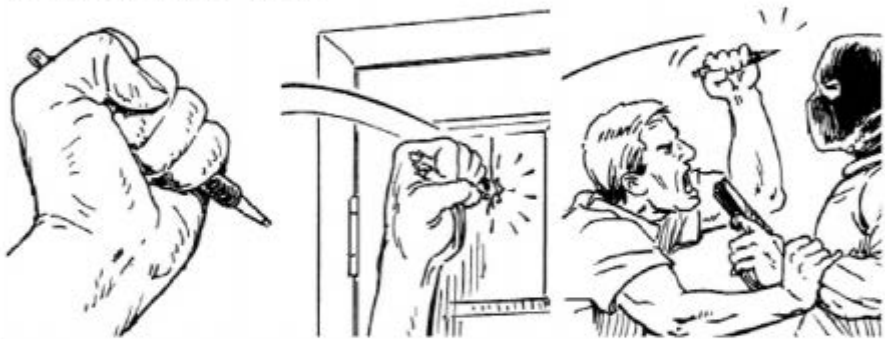
# No. 029: Turn a Pen into a Weapon

CONOP: Purchase and use pens to fight off adversaries.

COA 1: Carry steel-barreled Zebra F-400 or F-700 writing pens in bags and pockets, and stash them in vehicles and rooms.



COA 2: Overhand grip-allows penetration through plywood or for striking the head.



COA 3: Underhand grip-for striking throat or knee.



**BLUF:** The pen is mightier than the sword.



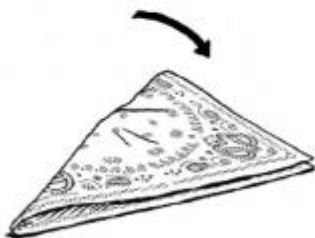
# No. 030: Use a Fishing Weight as an Improved Sap

**CONOP:** Combine a bandana and eight-ounce fishing weight to create a lethal sap.

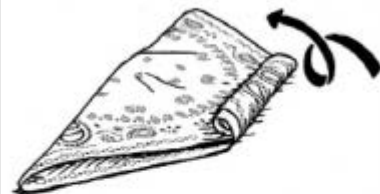
**COA 1:** Lay out bandana square and place fishing weight in the center.



**COA 2:** Fold bandana diagonally.



**COA 3:** Roll bandana from apex to base.



**COA 4:** Fold end to end and swing for effect.



**BLUF:** When used in tandem, two innocuous items can become devastating.

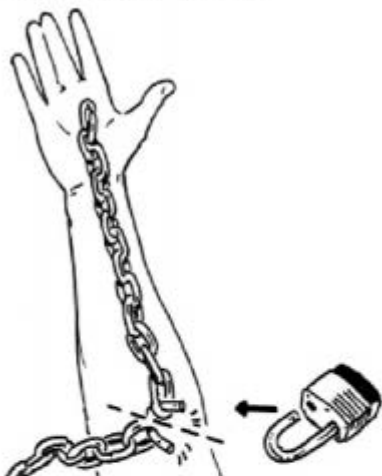
# No. 031: Make a Flexible Chain Weapon

**CONOP:** Construct a heavy-duty weapon for use in hand-to-hand combat.

**COA 1:** Acquire a chain and padlock.



**COA 2:** Cut chain down to arm's length. Lock padlock to one end of chain.



**COA 3:** Use the padlock end to strike the target.



**BLUF:** Chains and locks can be carried through security without hassle.

# No. 032: Make a Newspaper

## Nail Bat

CONOP: Roll a newspaper into a damaging striking weapon.

COA 1: Acquire materials (newspaper, nails, duct tape).



COA 2: Use wet paper for extra weight. Roll paper tightly.



COA 3: Fold rolled paper and unfold. Insert nail just right or left of fold. Fold again so that nail is pointing outward.



COA 4: Tape top and bottom of nail bat together.



**BLUF:** Newspapers and nails can be found everywhere in the world.

# No. 033: Deploy a Roll of Coins

**CONOP:** Turn an innocent roll of coins into an effective weapon of self-defense.

**COA 1:** Increase fist density: Clinch a roll of coins in a punching fist.

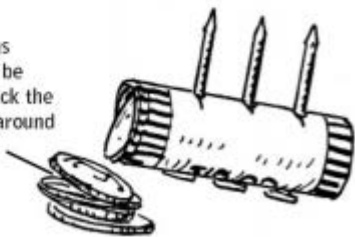


**COA 2:** Make an improvised sap: Place roll of coins in a sock and swing at head of adversary.



**COA 3:** Make a set of spiked knuckles: Push three nails, finger width apart, through roll.

Several coins will need to be removed; pack the rest tightly around nails.

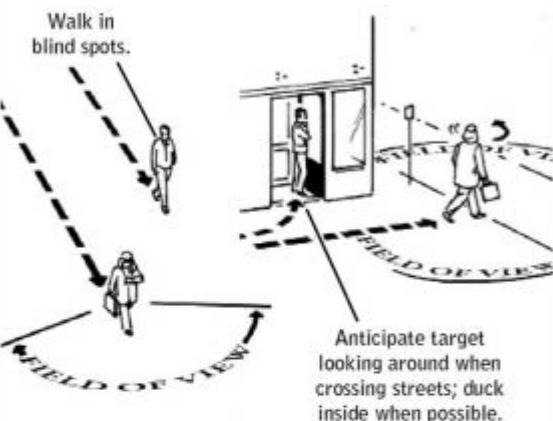


**BLUF:** Coins can be used for tolls, meters, public transportation, and to crush a face.

# No. 034: Dismounted Surveillance

CONOP: Conduct surveillance on foot without detection.

COA 1: Stay out of target's field of view (FOV).



COA 2: Change clothes often.



COA 3: Use glass when possible.



COA 4: Vary time and days of surveillance.



COA 5: Carry items that provide an excuse for being static.



**BLUF:** Be a creature of the environment and always have a reason to loiter.

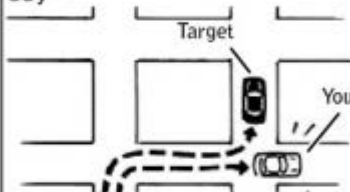
# No. 035: Mobile Surveillance

CONOP: Conduct mobile surveillance without detection.

COA 1: Stay out of target's lane and mirrors and remain one car behind.



COA 2: Observe the two-turn limit: After two consecutive turns with the target, break off for the day.



COA 3: Never mirror target's actions (changing lanes, making turns and stops).



COA 4: Stop following after odd maneuvers: U-turns, stairstepping through neighborhoods, dead ends, and multiple stops between home and work.

COA 5: Density determines distance. Lots of cars, lots of buildings? Distance to target can be close. Rural, open roads, few vehicles? Stay very far away or disengage.



**BLUF:** Surveillance is difficult, detection is easy—especially for an operative working alone.

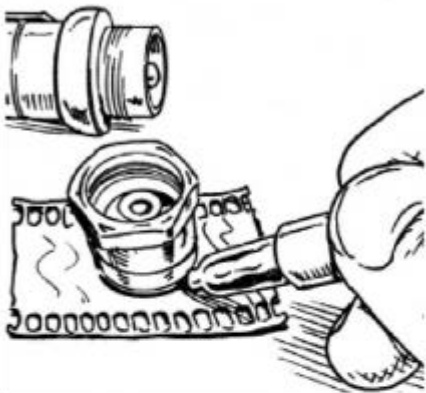
# No. 036: Make an Improvised Infrared Light

CONOP: Search a room in total darkness.

COA 1: Acquire flashlight and camera film.



COA 2: Trace lens of flashlight onto segment of film and cut out.



COA 3: Place film between lens and bulb.



**BLUF:** Improvised infrared lights can be used to land aircraft, track bad guys, and signal for help.

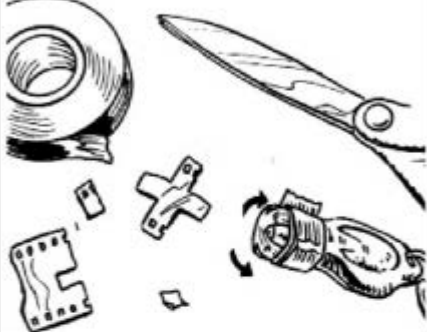
# No. 037: Make a Tracking Device for Night Surveillance

**CONOP:** Construct infrared illuminators visible only through cameras, in order to track target vehicle at night.

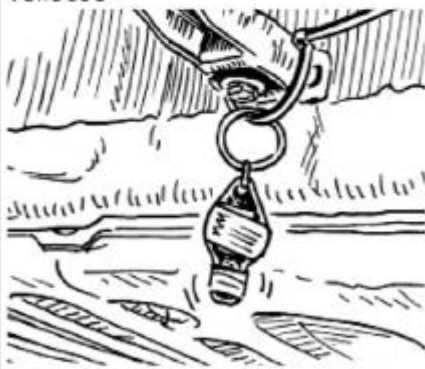
**COA 1:** Acquire film or floppy disc, white light LED, scissors, zip ties.



**COA 2:** Cut out section of film and tape over white light LED. Depress and tape down button so light is constantly emitting infrared light.



**COA 3:** Discreetly install infrared device onto rear undercarriage of target vehicle.



**COA 4:** Use older model iPhones or Handycams to see infrared light glow beneath target vehicle via camera screen.



**BLUF:** The cover of darkness provides advantages and disadvantages—aim to enhance the former and decrease the latter.



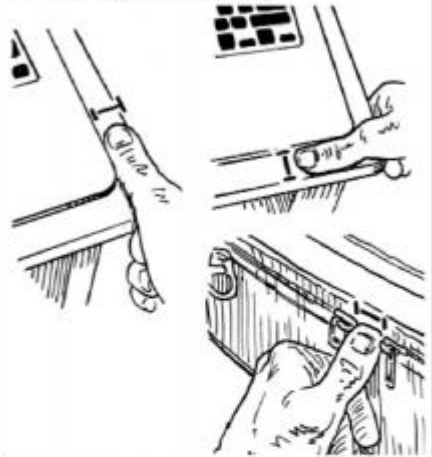
# No. 038: Detect Tampering of Personal Effects

CONOP: Utilize discreet alignments to determine tampering.

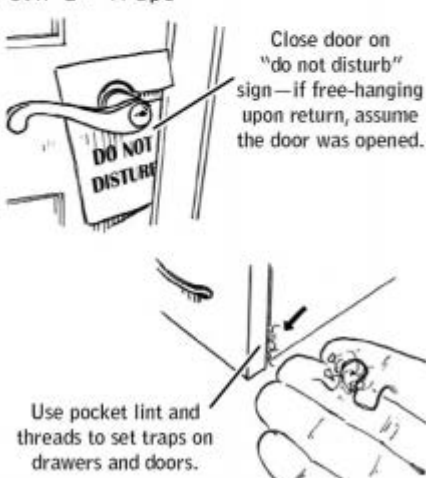
COA 1: Cardinal Bearings  
(Compass Alignment)



COA 2: Space and Depth  
(Thumb Measurement)



COA 3: Traps



Close door on "do not disturb" sign—if free-hanging upon return, assume the door was opened.

Use pocket lint and threads to set traps on drawers and doors.

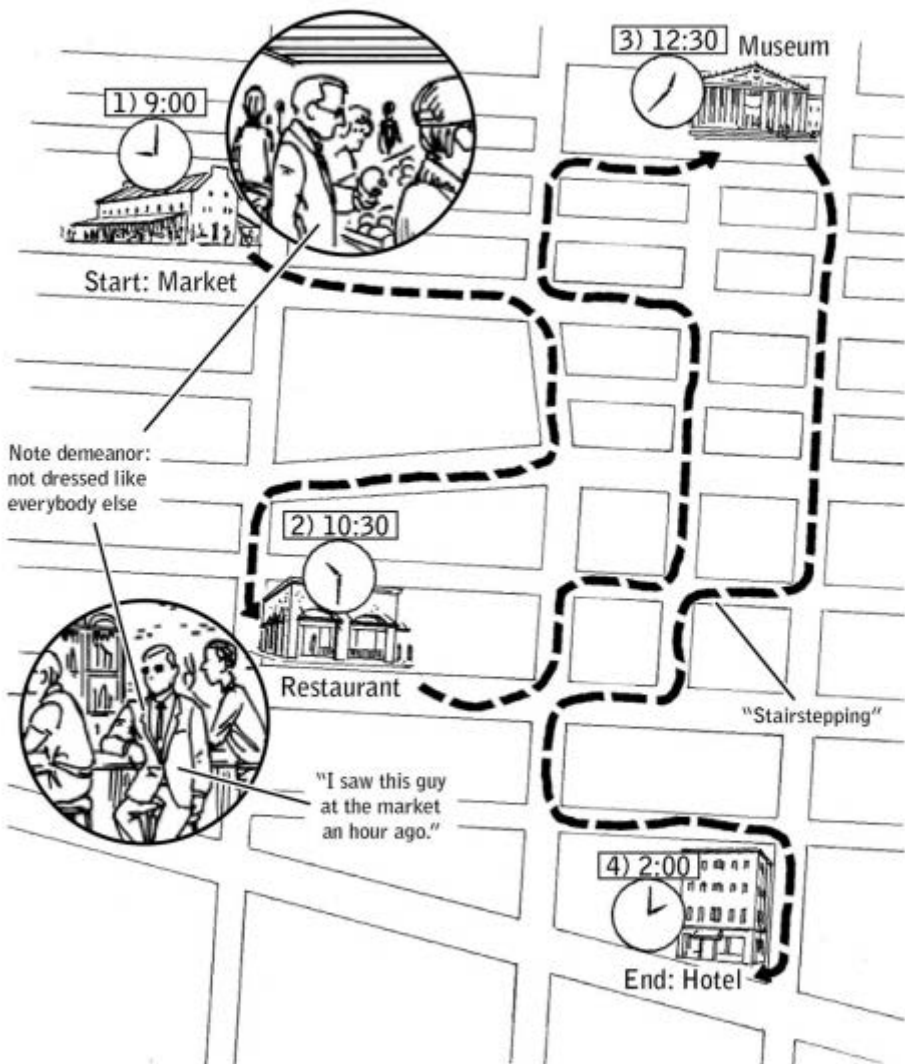
COA 4: Photo Trap Application  
(available on app store)



**BLUF:** Discreet alignment techniques should be non-alerting and easy to remember.

# No. 039: Determine Surveillance

CONOP: Use TEDD to confirm surveillance or stalkers.

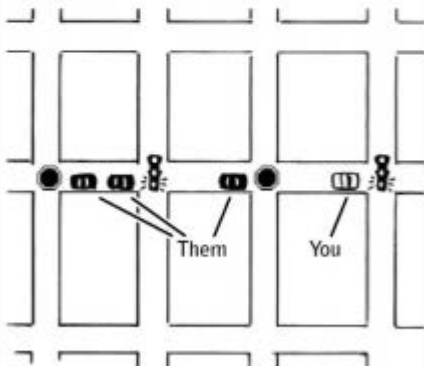


**BLUF:** Confirm surveillance by modifying patterns and routes.

# No. 040: Discreetly Lose Surveillance

**CONOP:** Make surveillance teams believe they lost the target through negligence, rather than by design.

**COA 1:** Create an accordion effect.



Travel through areas with many traffic lights and stop signs. This will stretch a surveillance team out.

**COA 2:** Stop and start frequently.



Most surveillance losses happen at starts and stops.

**COA 3:** Use public transportation.



**COA 4:** Transit through highly populated areas.



**BLUF:** Never let surveillance know that their presence has been detected.

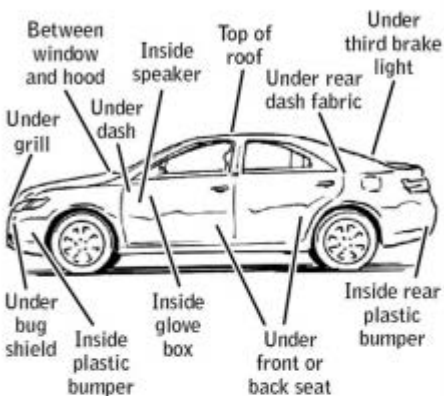
# No. 041: Detect Tracking Devices

CONOP: Detect tracking devices through physical and/or technical inspection.

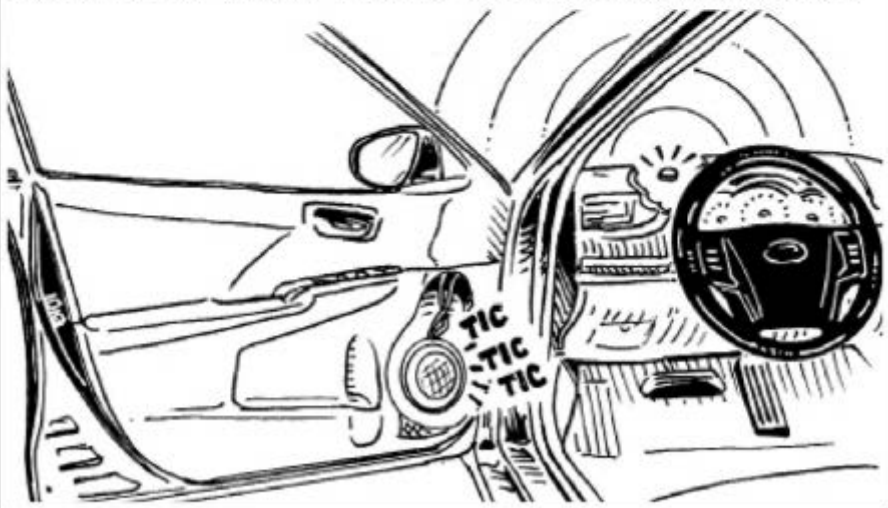
COA 1: Tracking device anatomy and functionality.



COA 2: Likely locations for a tracking device.



COA 3: Utilize vehicle speakers as tracking-device detector.

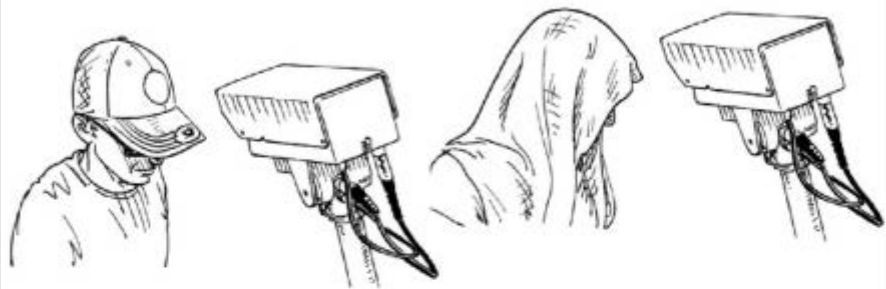


**BLUF:** Always operate on the assumption that any movements may be tracked.

# No. 042: Deceive Surveillance Cameras

CONOP: Disrupt or prevent quality video capture.

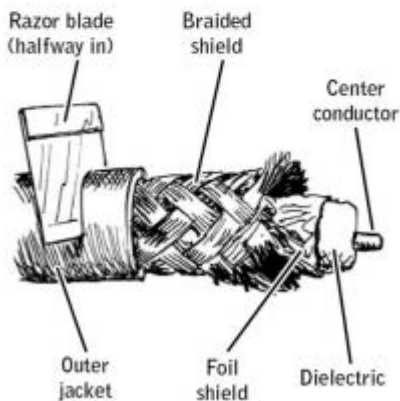
COA 1: Light Disguise. Cover face with whatever the environment will allow.



COA 2: Bright Light. Infrared or visible light causes camera aperture to constrict.



COA 3: Video Feed Disruption. Razor slices into cable halfway and is left in place to bridge the shield and center conductor, causing static on monitors. Once razor is removed, monitor returns to normal.

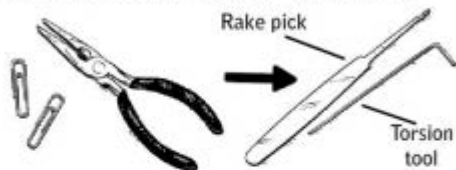


**BLUF:** Always assume surveillance cameras are watching.

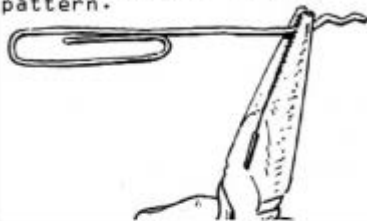
# No. 043: Create Improvised Lock-Picking Tools

CONOP: Construct lockpicks from paper clips.

COA 1: Following subsequent steps, use pliers to straighten paper clips into the shapes shown below. Straighten a clip in only one direction—rebending it will significantly weaken the metal.



COA 2: Carefully form the ridges of the rake pick by bending the tip of the paper clip into a wave pattern.



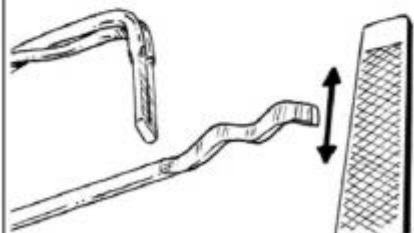
COA 3: Loop the tail of the clip over and under to strengthen the handle.



COA 4: Carefully bend the tip of the second clip to form the torsion tool.



COA 5: Flatten the ends of both tools to make them easier to manipulate inside the lock.



COA 6: Be prepared for a time-intensive pursuit.

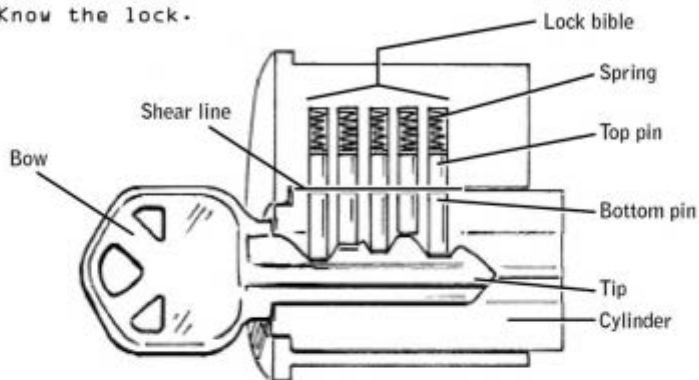


**BLUF:** The most common lock in the world is the five-pin tumbler lock—very pickable with practice.

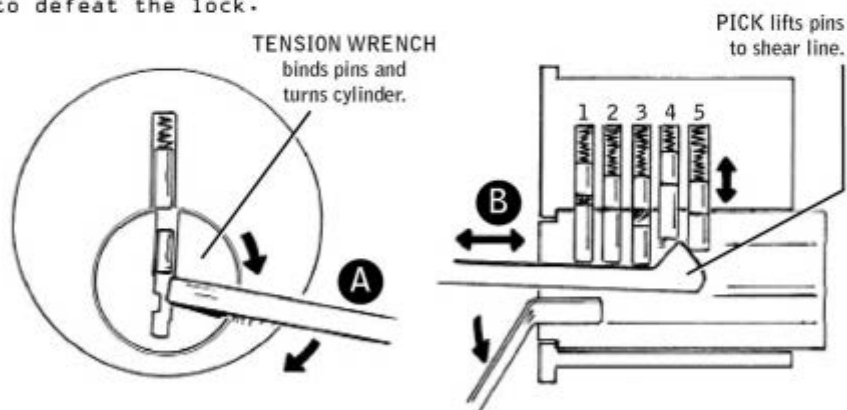
# No. 044: Pick a Lock

CONOP: Open a lock by picking pins to shear line.

COA 1: Know the lock.



COA 2: Utilize a hook pick and tension wrench to defeat the lock.



- A** Apply tension to cylinder.
- B** Lift pins and listen/feel for shear line.  
Repeat on all pins until cylinder turns.

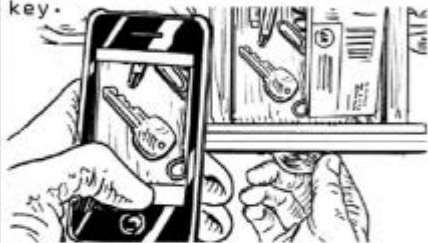
**BLUF:** Picking is always the last option; a lock that is picked open must be picked closed.

# No. 045: Clam a Key

CONOP: Clam a target key to be duplicated later.



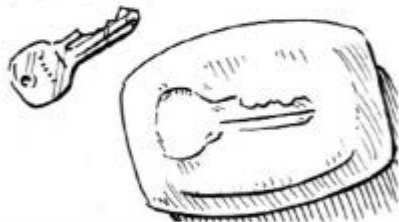
COA 1: Take an image of the key.



COA 2: Clam the key against skin and trace.



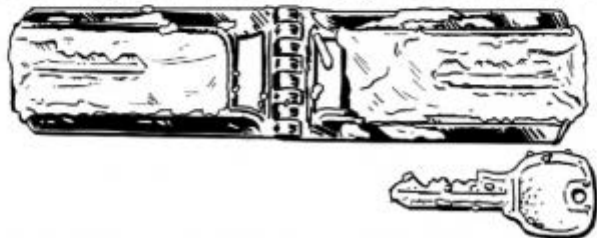
COA 3: Clam the key with a bar of soap.



COA 4: Clam a key with a Styrofoam cup or plate.



COA 5: Clam a key with modeling clay within a key clam.



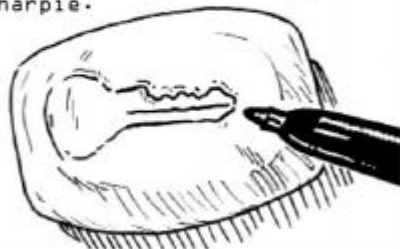
**BLUF:** Never leave keys lying around or visible to third parties.



# No. 046: Clone a Key

CONOP: Duplicate a target key via key cloning.

COA 1: Obtain clamping of target key (see #045) and highlight key embossing with Sharpie.



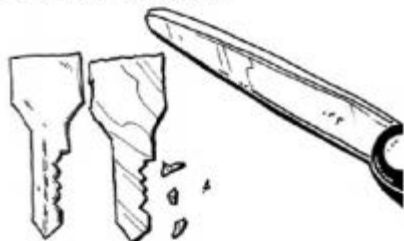
COA 2: Photocopy clamping in order to render a 1:1 ratio of target key.



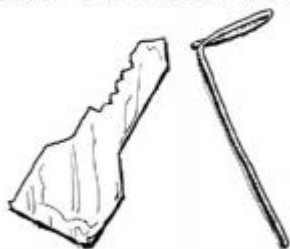
COA 3: Cut out broad outline of photocopy of key. Trace paper key to aluminum cut from aluminum can. Cut out shape.



COA 4: Cut out key cuts from paper key; trace onto aluminum key blank and cut.



COA 5: Dispose of paper key. Aluminum key will lift target lock pins to proper combination, and paper clip will turn the cylinder and unlock the lock.

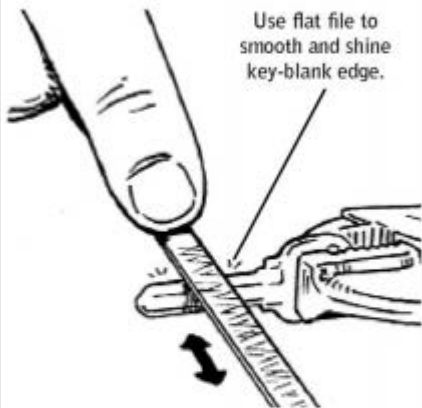


**BLUF:** Keys take on many forms, but locks open only to those keys with the proper cuts.

# No. 047: Impression a Lock

CONOP: Create a key to a lock by impressing.

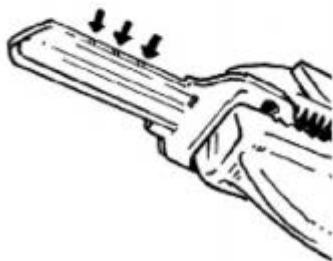
COA 1: Determine make and model of target lock and obtain key blank. Prepare key blank for impressing.



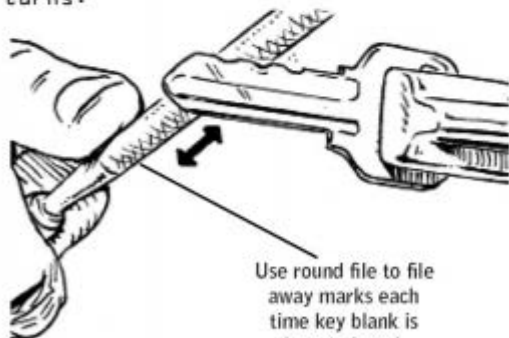
COA 2: Insert key blank into keyway with vise grips. Torque to right, move up and down, then torque to left, move up and down.



COA 3: Remove key and examine key blade for marks left by pins.



COA 4: File away marks with two to three light-pressure strokes and repeat process until lock cylinder turns.



Use round file to file away marks each time key blank is impressed.

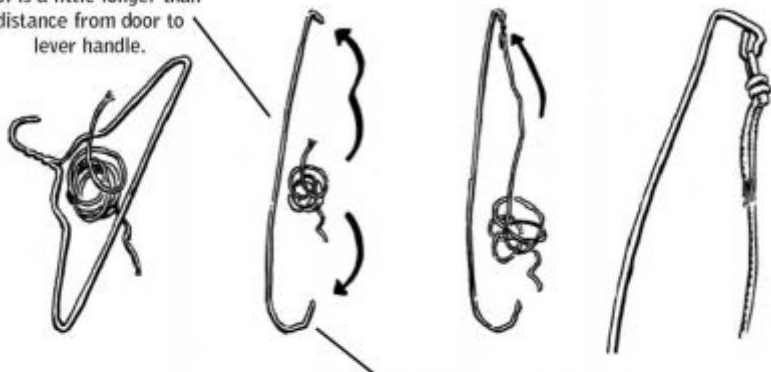
**BLUF:** Making a key allows reliable, repeatable means of reentry.

# No. 048: Bypass a Hotel Room Door

CONOP: Unlock hotel room lever handles from a hallway.

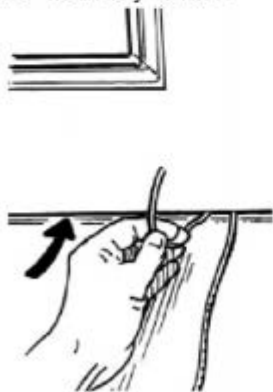
COA 1: Construct an under-the-door tool utilizing a straightened hanger and string.

Adjust as necessary so that tool is a little longer than distance from door to lever handle.

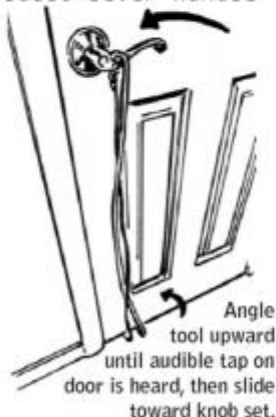


J-shaped handle provides leverage.

COA 2: Holding by J-shaped end, slide tool under target door, leaving a length of string on hallway side.



COA 3: Erect tool against interior of door. Slide tool toward knob and lasso lever handle.



COA 4: Pull on hanger and string to pull handle down and disengage lock.

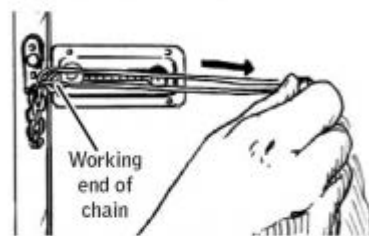


**BLUF:** Lever handles can be found on 90 percent of hotel room doors.

# No. 049: Surreptitiously Unlatch Door Locks

CONOP: Breach locked door chain and bar locks.

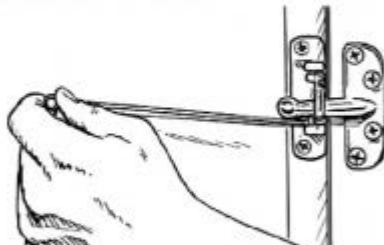
COA 1: CHAIN LOCK: Loop rubber band near working end of chain. Tack rubber band to door parallel with lock.



COA 2: Close door—tension of rubber band unlatches chain.

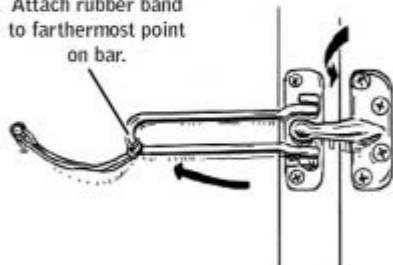


COA 3: BAR LOCK: Loop rubber band around bar near bend. Tack rubber band to wall parallel to lock.



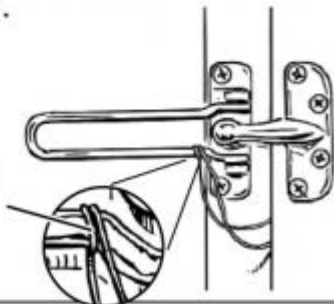
COA 4: Close door—tension of rubber band pulls bar away.

Attach rubber band to farthest point on bar.

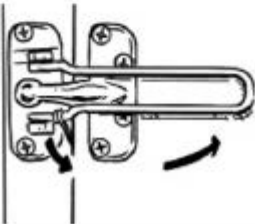


COA 5: LOCKING A BAR LOCK: Loop dental floss around base of bar.

Do not tie—pull ends through when exiting.



COA 6: After closing door, pull floss to lock bar. Once locked, pull floss through from one end, leaving nothing behind.

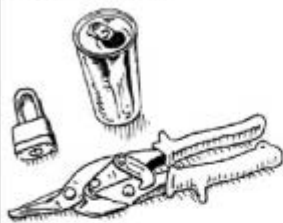


**BLUF:** Every lock is vulnerable to manipulation.

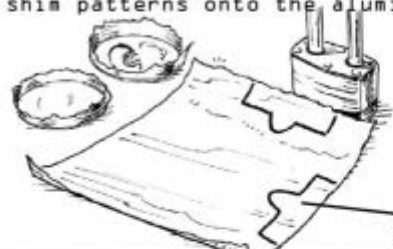
# No. 050: Defeat a Padlock

**CONOP:** Create a padlock shim from an aluminum can.

**COA 1:** Obtain an aluminum can and hand shears.

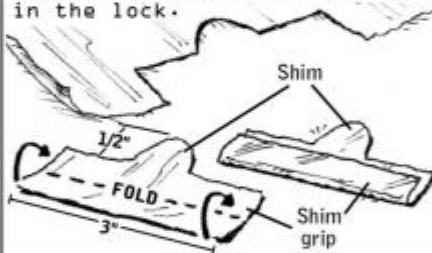


**COA 2:** Cut the top and bottom off the can; then cut the cylinder in half to create a rectangular sheet. Draw two shim patterns onto the aluminum.

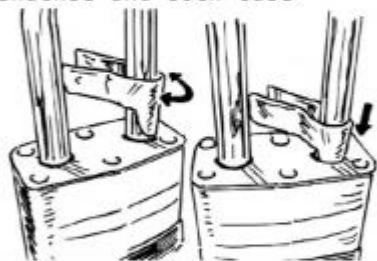


Patterns will vary in size, depending on the size of the shackle.

**COA 3:** Cut out tongued tabs as shown, folding their bases in half to allow more leverage in the lock.



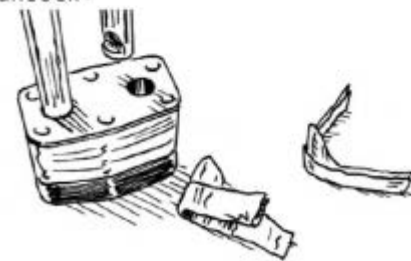
**COA 4:** To unlock shackle, slide shims down between shackle and lock case.



**COA 5:** Rotate shim handles to outside of shackles.



**COA 6:** Once both shims are in place, pull up on shackle to unlock.



**BLUF:** Most padlocks are knockoffs, making them vulnerable to shimming.

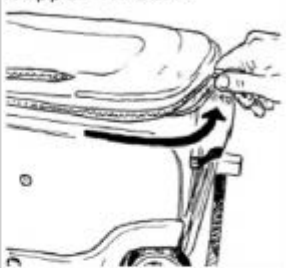
# No. 051: Covertly Access Locked Luggage

CONOP: Break into locked luggage without leaving a trace.

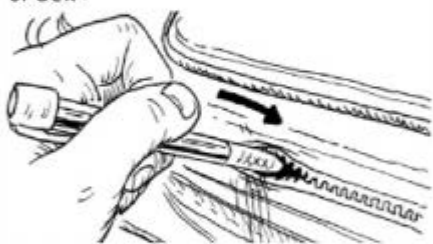
COA 1: Take picture of zipper position with Photo Trap app. Zipper must be reset to exact original position.



COA 2: Move locked zippers to end of zipper track.



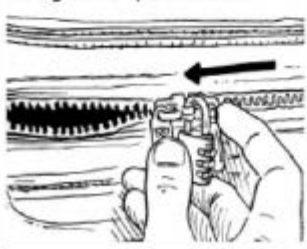
COA 3: Use ballpoint pen to break interlocking zipper track.



COA 4: Open luggage.



COA 5: Using locked zippers, rezip and reset zippers back to original position.



COA 6: Confirm reset position with Photo Trap app.

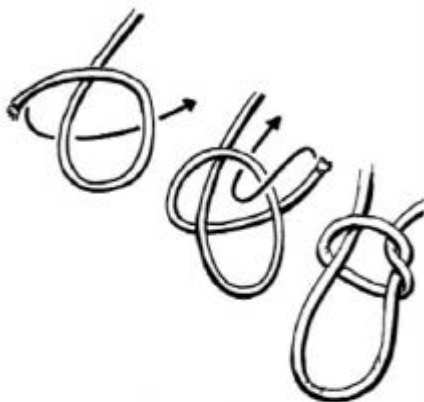


**BLUF:** Locks are only as secure as the structure to which they are attached.

# No. 052: Open a Car Door with a Piece of String

CONOP: Use a slipknot to unlock a vehicle door lock.

COA 1: Acquire six feet of string or parachute cord. Tie a slipknot at its center.



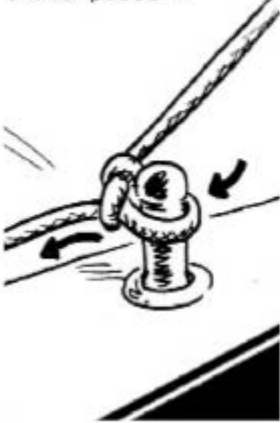
COA 2: Shimmy the knot and line into the car door.



COA 3: Snare the thumb puller.



COA 4: Pull string at opposing ends to tighten knot around thumb puller.



COA 5: Once looped, pull up and unlock door.



**BLUF:** Older-model vehicles present many vulnerabilities.

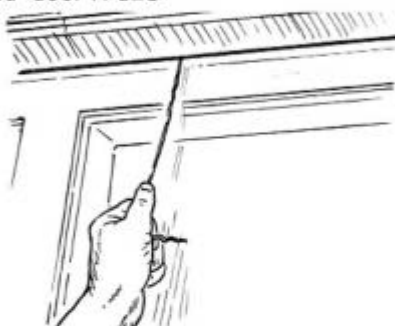
# No. 053: Discreetly Open Garage Doors

CONOP: Discreetly bypass the garage door opener with a hanger.

COA 1: Straighten and bend a regular clothes hanger into a hook.



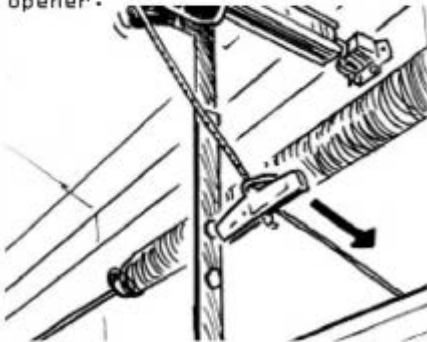
COA 2: Slide hanger into gap at top center of garage door and doorframe.



COA 3: Hook garage door opener release cable.



COA 4: Pull cable hard enough to disengage garage door opener.



COA 5: Manually open garage enough to roll in.



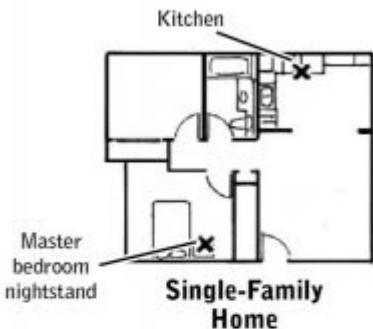
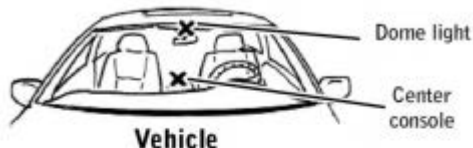
**BLUF:** Garage doors are frequently left unlocked.



# No. 054: Install an Audio Device

**CONOP:** Properly install audio devices in order to collect high-quality voice recordings.

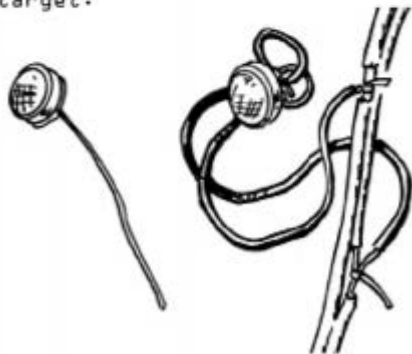
**COA 1:** Install microphones at center of conversation.



**COA 2:** Conceal microphones behind picture frames and outlets or inside TVs.



**COA 3:** Select a hard install or a soft install. A soft install requires revisiting the target to replace batteries and refresh memory. A hard install (powering devices using available sources such as outlets or TV) requires no servicing but takes additional time on target.

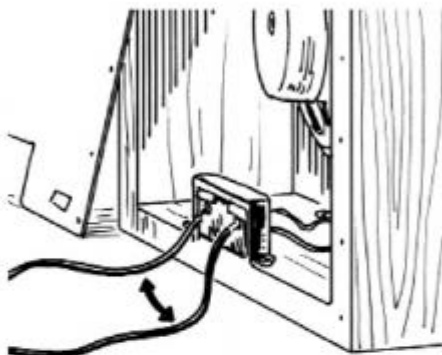


**BLUF:** Never say anything sensitive in unknown environments.

# No. 055: Turn a Speaker into a Microphone

**CONOP:** Reverse the polarity of stereo speakers to turn them into microphones.

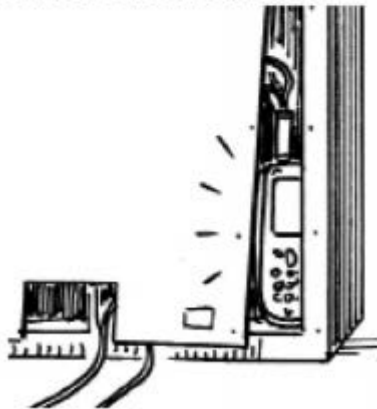
**COA 1:** Remove speaker housing. Locate positive and negative (red and black) wires. Rewire red wire to black terminal and black wire to red terminal.



**COA 2:** Cut and attach 2.5mm audio jack to opposing end of speaker wire.



**COA 3:** Set track phone to silent and auto answer. Plug jack into phone and conceal inside speaker.



**COA 4:** Call track phone and listen.

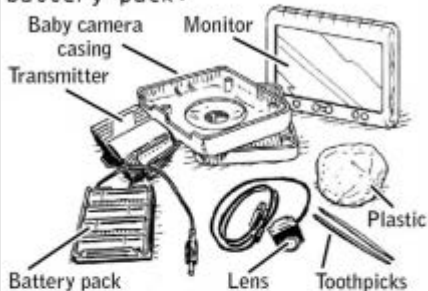


**BLUF:** Any device containing a speaker can be turned into a microphone.

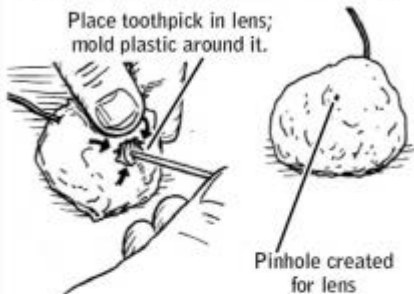
# No. 056: Construct and Install a Pinhole Camera

**CONOP:** Construct a concealable video camera from a wireless baby monitor.

**COA 1:** Separate camera housing from camera, transmitter, and battery pack.



**COA 2:** Conceal camera in plastic to look like a rock.



**COA 3:** Paint rock neutral colors or colors specific to environment. Connect camera. Enclose transmitter and battery pack in waterproof housing or ziplock bag.



**COA 4:** Bury transmitter/battery pack in shallow hole, cover, and camouflage, with camera pointed in direction of target.

Camera



**COA 5:** Set up in vehicle to remotely observe bad guys.



**BLUF:** Wireless cameras are cheap, available, and easy to conceal.

# No. 057: Make Homemade Plastic

CONOP: Make homemade plastic from milk and vinegar.

COA 1: Acquire milk, vinegar, container, and strainer.

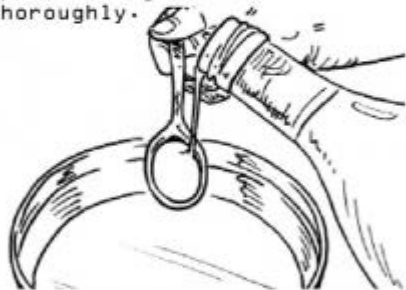


Pour eighteen ounces milk into container.

COA 2: Heat milk four minutes. DO NOT BRING TO BOIL.



COA 3: Stir in eight table-  
spoons vinegar. Stir  
thoroughly.



COA 4: Run mixture through  
strainer.



COA 5: Eighteen ounces of milk will produce an egg-size ball of plastic.



**BLUF:** Conceal surveillance devices or valuables using a homemade paste.

# No. 058: Send Anonymous Emails

**CONOP:** Communicate anonymously via email, leaving zero forensic traceback.

**COA 1:** Transit to a public location not associated with home or work. Access a free Wi-Fi hotspot in a neighborhood shopping center or café.



**COA 2:** Download the app Tails.



**COA 3:** Using Tails as Internet browser, create new email address.



**BLUF:** Never trust the Internet—even the most secure networks have loopholes.

# No. 059: Hide Information in Plain Sight

**CONOP:** Conceal sensitive information within an innocent picture.

**COA 1:** Open TextEdit or Notepad in a secure location with screen pointed out of view. If possible, sit with back against wall.



**COA 2:** Cut/paste an innocent image into TextEdit or Notepad document.



**COA 3:** Type sensitive information above or below image.

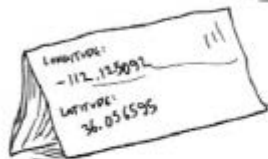


**BLUF:** Image files will readily conceal additional text.

# No. 060: Hide and Extract Data Using Everyday Photos

CONOP: Conceal sensitive information in an image's background.

COA 1: Acquire high-megapixel camera.



COA 2: Place sensitive information within background of posed shot.



COA 3: Take photograph with entire image in focus. Email image to intended recipients and delete image from camera.



**BLUF:** The best encryption methods foil both software and the human eye.

# No. 061: Draw a Concealed Pistol

CONOP: Avoid common pitfalls when drawing a concealed pistol.

COA 1: Draw from beneath an untucked shirt.



Prepare to "hook and sweep."



Thumb hooks shirt. Fingers sweep for pistol. Eyes on target.



Non-draw hand supports draw hand to clear shirt.



Once clear of holster, pop wrist and point weapon toward target.

COA 2: Draw from beneath a coat.



Place roll of coins in draw-side pocket.



Coins provide weight to keep jacket back while drawing weapon.



Once pistol is clear of holster, pop wrist and point weapon toward target.



Secondary hand supports drawing hand to clear weapon faster and aid in weapon retention.

**BLUF:** Winning a gunfight starts with the draw.



# No. 062: Shoot from a Vehicle

**CONOP:** Safely and accurately shoot from a vehicle and through glass.

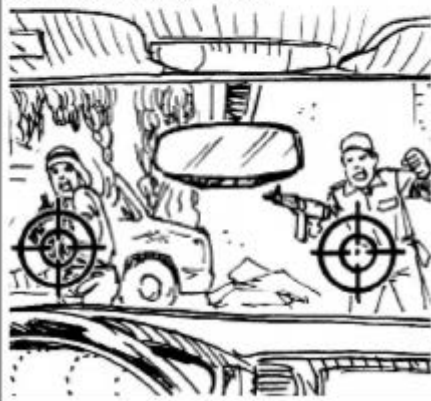
**COA 1:** Practice drawing weapon with and without seat belt on.



**COA 2:** Lean back, away from target and glass-out of view of bad guys and a safe distance from window once glass starts flying.



**COA 3:** Aim low when shooting through windshield; curve of windshield will cause bullet to hit target high.



**COA 4:** Always fire multiple rounds: the first to break glass and the second to hit target.



**BLUF:** Always dismount vehicle when possible; if trapped, fire as many rounds as possible.

# No. 063: Win a Knife Fight

**CONOP:** Use a knife as a targeted and effective weapon of self-defense.

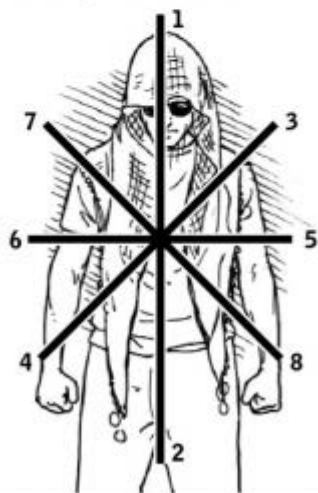
## COA 1: Guarding the Weapon



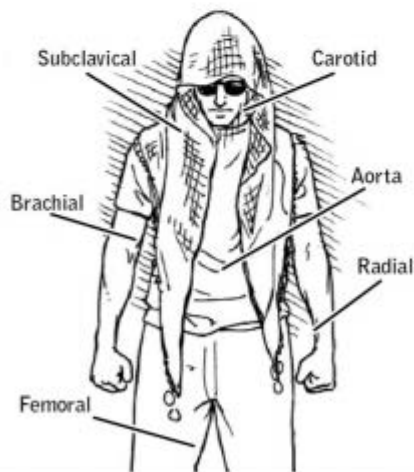
## COA 2: Proper Knife Grip



## COA 3: Angles of Attack



## COA 4: Cut Points

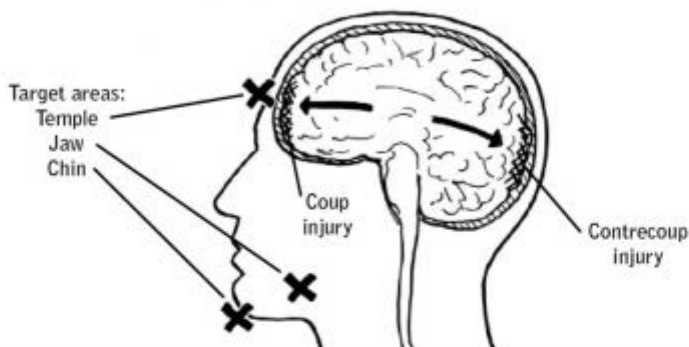


**BLUF:** Knives are everywhere; know how to use one when crisis strikes.

# No. 064: Strike for a Knockout

CONOP: Deliver a fight-ending right cross.

COA 1: Points of Impact for Increased Odds of a Knockout



COA 2: Two steps before a punch will exponentially increase power. Power is generated in the step, the rotation of the body, and the extension of the right arm.



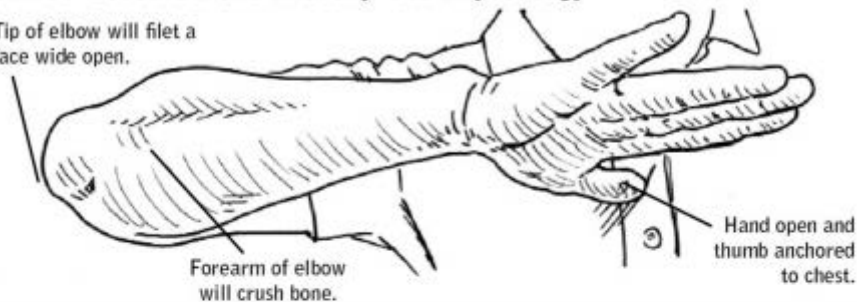
**BLUF:** Surprise, power, and accuracy equals knockout.

# No. 065: Deliver a Devastating Elbow Strike

**CONOP:** Cut and crush an adversary's head with proper elbow strikes.

## COA 1: Elbow Strike Anatomy and Physiology

Tip of elbow will filet a face wide open.



## COA 2: Proper Elbow Strike Technique



Guard is always up. A powerful elbow strike is 80 percent body, 20 percent shoulder. Body generates power from hips and core rotation.

## COA 3: Where to Aim



Throat

Temple

Chin

**BLUF:** A well-executed elbow strike can be more effective than a punch.

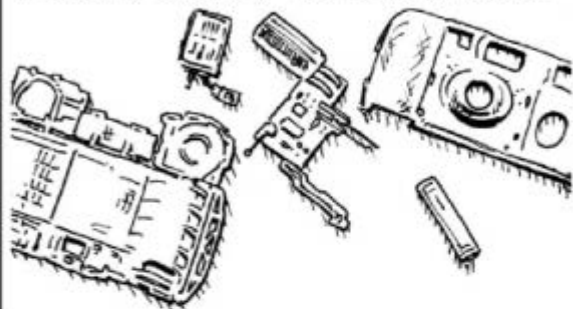
# No. 066: Make an Improvised Taser

CONOP: Modify a disposable flash camera into a Taser.

COA 1: Acquire a disposable camera with flash. Remove battery and press flash button—this will drain capacitor of any stored electricity.



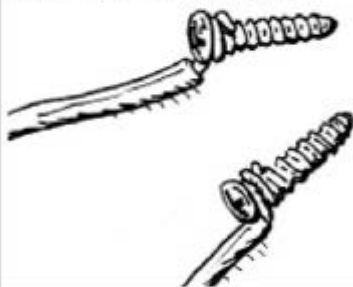
COA 2: Carefully break apart camera housing and remove all parts: the plastic camera housing, circuit board, and flash and battery. Break away flashbulb assembly from circuit board.



COA 3: Acquire screwdriver, electrical tape, two four-inch lengths of insulated wire, two small screws, and a piece of film from camera.



COA 4: Strip both ends of four-inch wires. Wrap wire ends near screw heads.



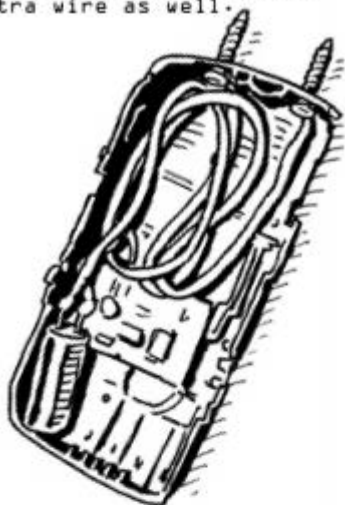
COA 5: Twist screws into front housing where film roll once sat.



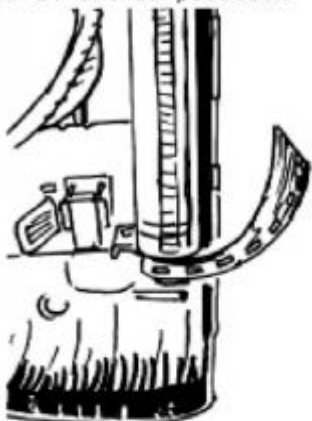
COA 6: Wrap opposing wire ends to capacitor posts and tape as needed.



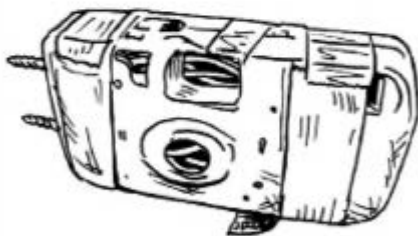
COA 7: Mount circuit board into original location within front housing, fitting in extra wire as well.



COA 8: Install battery, sliding in a piece of film to prevent battery contact with battery terminal post, thus preventing capacitor from charging and keeping Taser in a safe, locked position.



COA 9: Snap rear housing onto front housing, leaving film divider exposed.



COA 10: Remove film divider. Capacitor will charge within seconds. Stab both screws into adversary—capacitor will automatically recharge.



**BLUF:** Disposable camera flash capacitors deliver 380 volts of immobilizing Taser power.

# No. 067: Make an Improvised Explosive Device

CONOP: Construct an improvised diversionary explosive device.

COA 1: Acquire tape and lighter with adjustable flame. Remove flame guard.



Flame guard

COA 2: Slide ratchet to the + position to increase flame height.



COA 3: Lift ratchet to disconnect from flame adjustment gear. From the lifted position, move ratchet back to - position. Push down and slide to + position again.



COA 4: Continue to repeat process until lighter leaks gas on its own.



COA 5: Tape or zip-tie to target at angle, with ratchet facing down.



COA 6: Lighter will melt its own casing, then ... BOOM.



**BLUF:** Compressed-gas lighters create the most effective diversions.

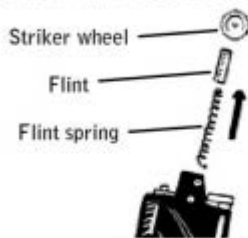
# No. 068: Make a Diversionary "Flash" Device

**CONOP:** Use lighter parts to create a temporary blinding flash of light.

**COA 1:** Remove flame shroud.



**COA 2:** Remove striker wheel, flint, and flint spring.



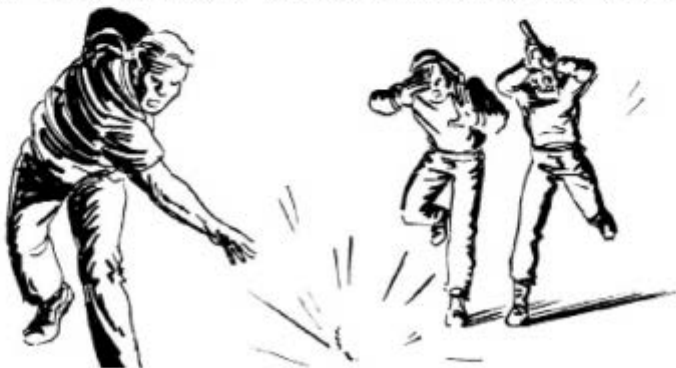
**COA 3:** Twist flint spring around flint.



**COA 4:** Heat flint until red hot (thirty seconds to one minute).



**COA 5:** Throw flint at ground to create one brilliant spark.



**BLUF:** A flash of light in total darkness can impair the human eye for up to ten minutes.



# No. 069: Make a Molotov Cocktail

CONOP: Construct and deliver diversionary Molotov cocktails.

COA 1: Acquire fuel, oil, bar of soap, tampon, glass bottle, and matches.



COA 2: Mix five cups fuel, one cup oil, and the shavings of half a bar of soap. (Soap will "gel" the mixture into napalm.)



COA 3: Plug bottle with fuel-soaked tampon.



COA 4: Light tampon fuse and launch.



**BLUF:** Molotov cocktails can be used to create a vast amount of chaos.

# No. 070: PIT a Target Vehicle

**CONOP:** Disable a target vehicle using the Precision Immobilization Technique.

**COA 1:** Pull to one foot away. Line up front bumper with the target's rear tire.

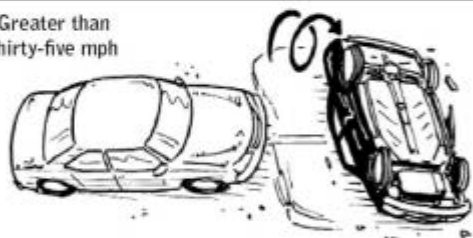


**COA 2:** Turn into the target vehicle, maintaining a steady speed.

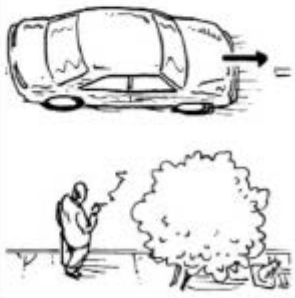


**COA 3:** As the target vehicle is thrown out of the way, do not brake.

Greater than  
thirty-five mph



**COA 4:** Accelerate away from the scene.



Less than  
thirty-five  
mph



**BLUF:** The Precision Immobilization Technique can be lethal at speeds of thirty-five miles per hour or greater.

# No. 071: Pistol Disarmament: Pointed at Chest

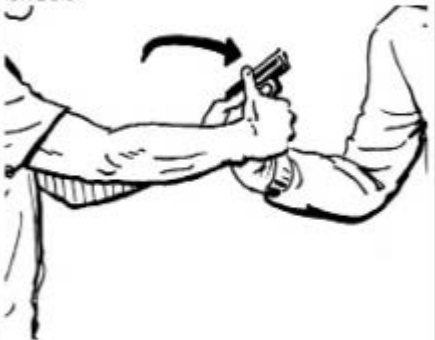
CONOP: Disarm adversary with pistol pointed at chest.



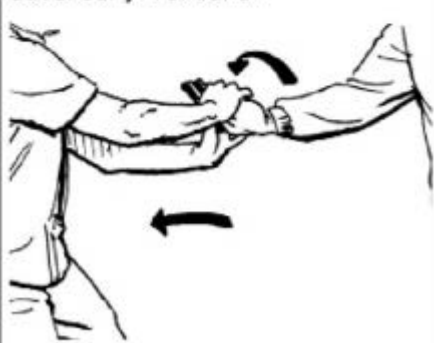
COA 1: Pivot and trap gun hand.



COA 2: Control and drive barrel toward adversary's chest.



COA 3: Continue to drive barrel over and pull adversary forward.



COA 4: Strip weapon and scan environment.



**BLUF:** Gain control of the gun first, fight second.

# No. 072: Pistol Disarmament: Pointed at Back

CONOP: Disarm adversary with pistol pointed at back.



COA 1: Determine if bad guy is right- or left-handed.



COA 2: Raise hands, push against weapon, prepare to pivot and trap weapon.



COA 3: Pivot inward and trap adversary's gun hand by swinging outer arm down over it.



COA 4: Trap and control weapon while striking adversary until unconscious. Strip weapon and scan environment.

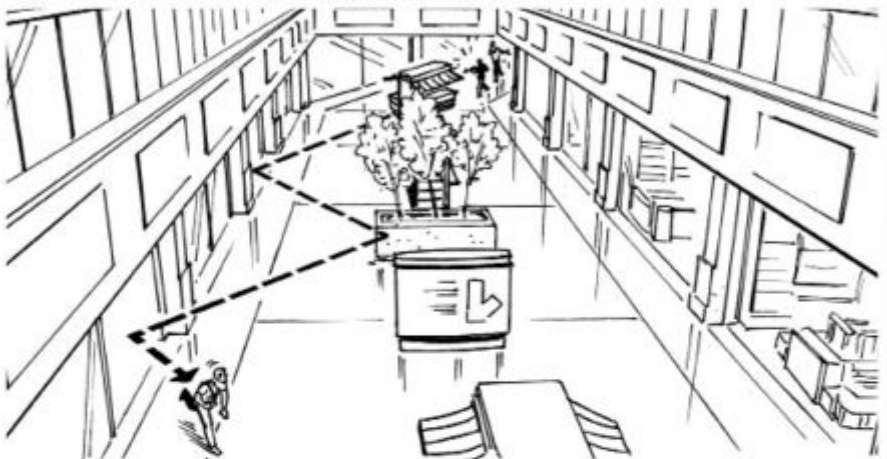


**BLUF:** Even with an unseen, armed attacker, the outcome can be controlled.

# No. 073: Survive an Active Shooter

**CONOP:** Run, hide, and fight to survive lone-wolf and terror attacks.

**COA 1:** RUN. Move from cover to cover.



**COA 2:** HIDE. Hide but don't go blind—keep eyes on the shooter.



**COA 3:** FIGHT. Have a plan, team up with others, be aggressive.



**BLUF:** Keep moving and never take eyes off the shooter.

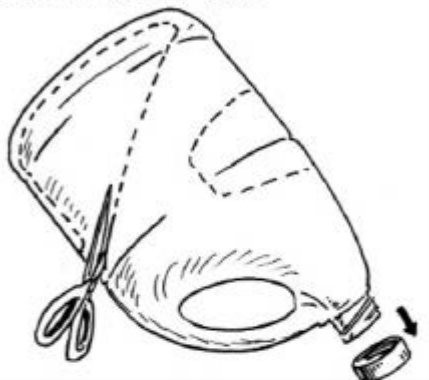
# No. 074: Make an Improvised Gas Mask

**CONOP:** Use milk or juice jugs to create an improvised gas mask.

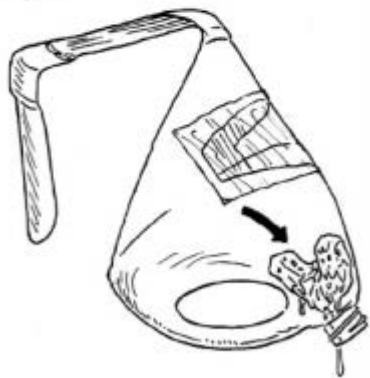
**COA 1:** Acquire empty plastic jug or bottle, sponge, clear packing tape, and scissors.



**COA 2:** Cut two connected triangles and an oblong ocular slit into bottle as shown. Remove lid.



**COA 3:** Saturate sponge with clean water and push down into nozzle. Cover front opening with packing tape.



**COA 4:** Tape edges of mask to face to seal out gas.



**BLUF:** In moments of social unrest, the ability to evacuate the scene becomes very important.

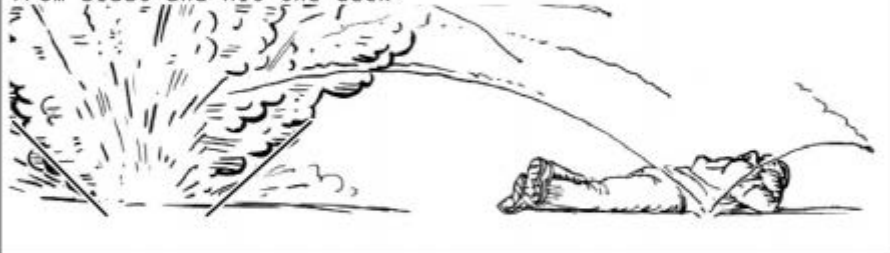
# No. 075: Survive a Grenade Attack

CONOP: Implement lifesaving moves when faced with live grenades.

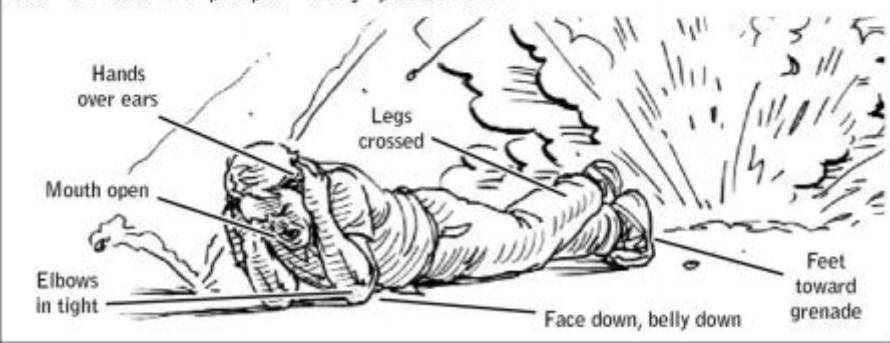
COA 1: Is cover within three steps? If so, get behind cover.



COA 2: In the absence of cover, take two big steps away from blast and hit the deck.



COA 3. Assume proper body position.



**BLUF:** Do not attempt to outrun explosions or fragmentation; this is a race that cannot be won.

# No. 076: Wage Psychological Warfare

CONOP: Battle the enemy using coercion.

COA 1: Letter Drops



COA 2: Vandalism



COA 3: Soft Attacks



**BLUF:** Psychological warfare can make one assailant look like many.



# No. 077: Leave Zero DNA Behind

CONOP: Reduce the odds of leaving forensic clues behind.

COA 1: Shower and scrub entire body of loose skin and hair.



COA 2: Dress to ensure body is covered from head to toe.



COA 3: Once on target, cover mouth and nose to prevent any mucus, sweat, or tears from being distributed.



COA 4: Only touch what is necessary, nothing else.



COA 5: Burn operational clothing post-operation.



**BLUF:** DNA resides in skin cells—so reducing skin exposure is key to eliminating evidence.

# No. 078: Leave Zero Fingerprints Behind

CONOP: Conceal or temporarily erase fingerprints.

COA 1: Wear white cotton gloves. Fingerprints can be extracted from the inside of surgical gloves.



COA 2: Apply superglue to fingertips.



COA 3: Sand fingerprints off with pumice stone.



COA 4: Take Capecitabine to achieve the side effect of fingerprint loss.



**BLUF:** Fingerprints can easily be scrubbed off or covered.

# No. 079: Leave Zero Digital Trace Behind

CONOP: Prevent remote hacking and tracking.

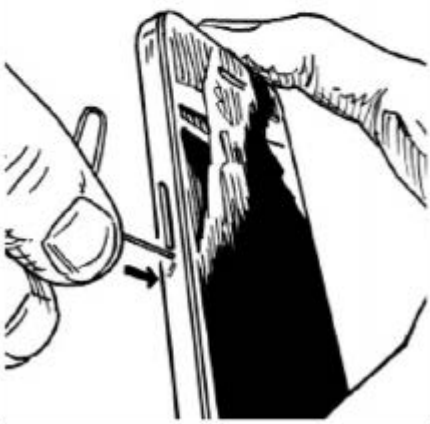
COA 1: Build a four-layer aluminum-foil pocket to block all incoming and outgoing signals.



COA 2: Use shielded products (Zero Trace) to block all incoming and outgoing signals.



COA 3: OFF is not really OFF—remove all batteries and SIM cards from phones, tablets, and laptops.



COA 4: Leave phone and other digital tech at home.



**BLUF:** If there is no signal, there is nothing to hack or track.

# No. 080: Trick Facial Recognition Software

CONOP: Prevent identification via facial recognition software.

COA 1: Wear a ball cap and keep head tilted down.



COA 2: Wear a light disguise.



COA 3: Check databases for incriminating images.



**BLUF:** Facial recognition software based on bone structure can be tricked by the simple act of smiling.

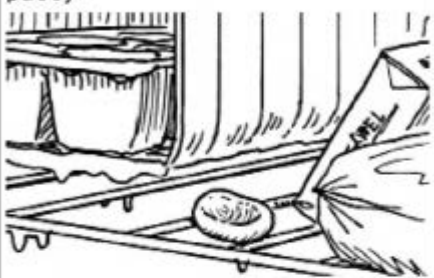
# No. 081: Trick Fingerprint Scanning Software

**CONOP:** Accurately impression target fingerprints in order to gain access to target safes, phones, and other fingerprint-protected devices.

**COA 1:** Roll small piece of Silly Putty or model clay into a ball, and press into target finger.



**COA 2:** Refrigerate or freeze putty.



**COA 3:** Make extra-thick gelatin.



**COA 4:** Once gelatin has cooled to thick gel, melt it in microwave, then let cool to a gel again. Repeat until the gelatin has no bubbles and a drop acts thick and rubbery.



**COA 5:** Once gelatin is rubbery and bubble-free, melt once more, then pour hot liquid gelatin into putty fingerprint mold.



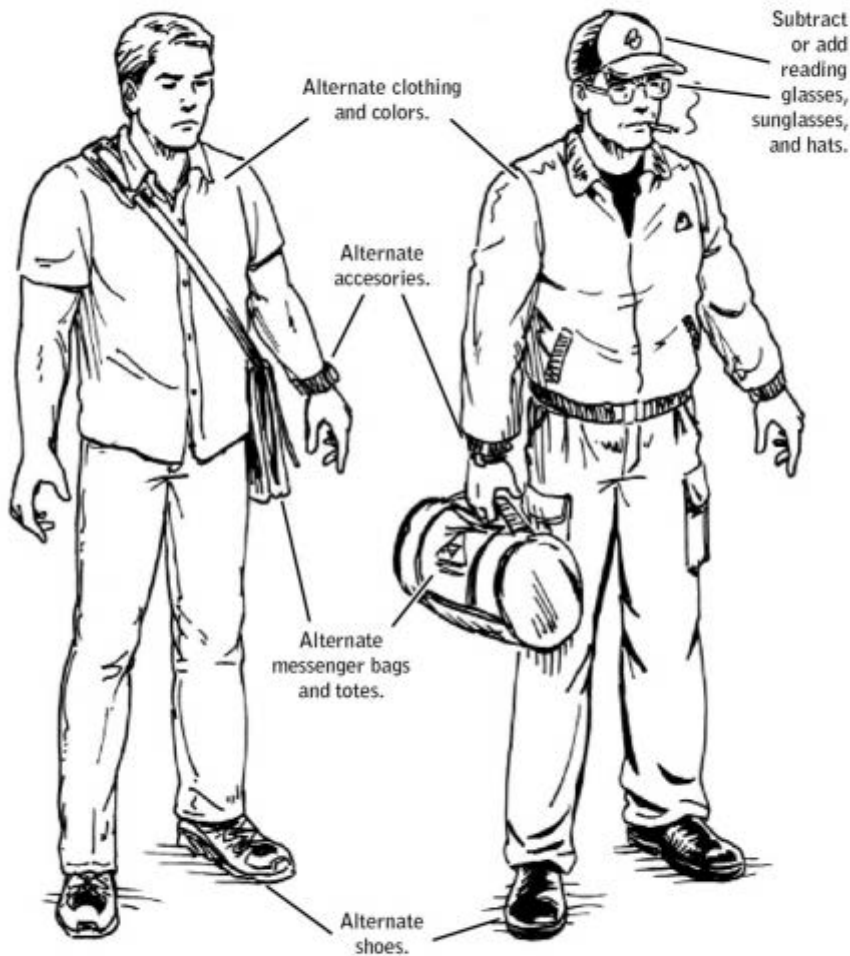
**COA 6:** Place putty and gelatin in freezer. Within a few minutes, gelatin should harden into solid, rubbery substance. Peel gelatin carefully away from putty to yield a working gelatin fingertip.



**BLUF:** Fingerprints are unique—but easily replicated if left unattended.

# No. 082: Create a Hasty Disguise

CONOP: Elude pursuers using the simplest form of subterfuge.



**BLUF:** Disguises must be explainable—wigs and fake mustaches will lead straight to jail.

# No. 083: Get Past a Guard Dog

CONOP: Temporarily disable or distract a guard dog.

COA 1: 50/50 Solution Ammonia/Water-spray in dog's face.



COA 2: Compressed Air-freeze dog's nose with keyboard air cleaner.



COA 3: Female Dog Urine-spray in dog's face or away from entry point.



**BLUF:** Killing a guard dog leaves behind a trail of unwanted evidence.

# No. 084: Discreetly Clear a Flooded Scuba Mask

CONOP: Clear a flooded scuba mask without creating bubbles.

COA 1: Tilt head so water pools at the bottom of the mask.



COA 2: Use the heel of hand to put pressure on the upper side of the mask, reinforcing the seal.

COA 3: With the opposite hand, pinch the seal of the mask closest to cheek bone and mouth to create an opening.

COA 4: Exhale slowly through nose. The water level will start to drop as water exits via the pinched opening.



COA 5: If bubbles escape, quickly fan them with hand to break them up.



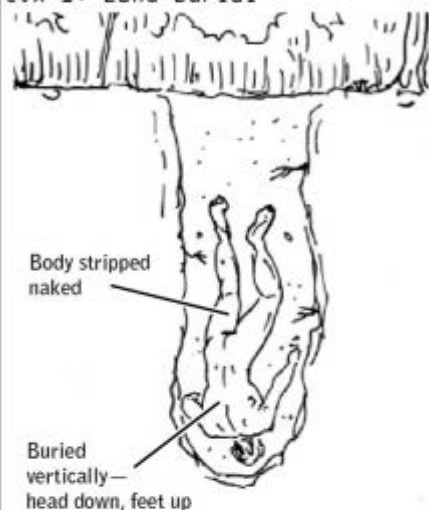
**BLUF:** Bubbles create an aquatic footprint for the enemy to follow. Never let them get to the surface.



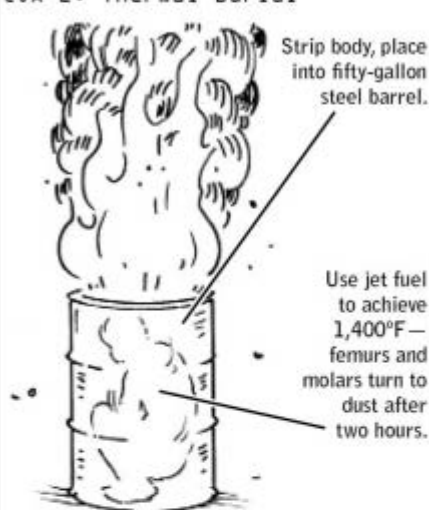
# No. 085: Dispose of a Body

CONOP: Ensure a body can never be found.

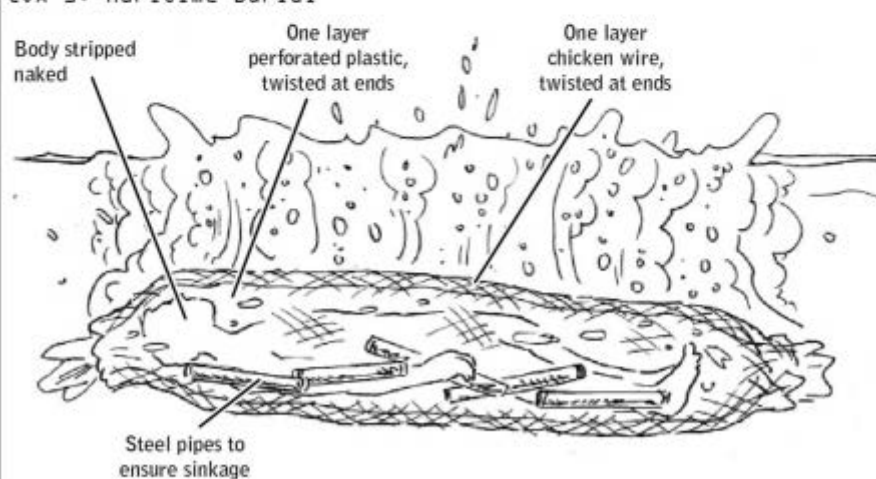
## COA 1: Land Burial



## COA 2: Thermal Burial



## COA 3: Maritime Burial



**BLUF:** Anything can be made to permanently disappear.

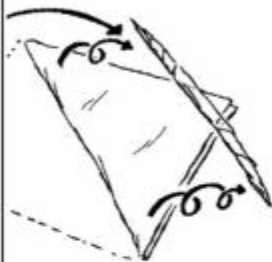
# No. 086: Create a Rappelling Harness

CONOP: Improvise a rappelling harness using a bedsheet.

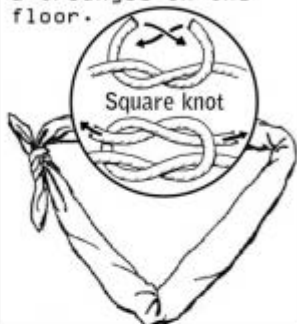
COA 1: A king-size sheet will provide the length needed for an adult harness.



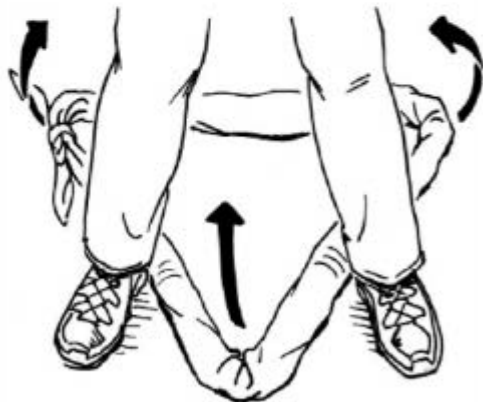
COA 2: Fold in half diagonally, then roll sheet.



COA 3: Use a square knot to tie both ends together. Shape the loop into a triangle on the floor.



COA 4: Straddle triangle with apex pointing forward.



COA 5: Pull harness up between legs and around waist.



**BLUF:** One sheet can typically hold hundreds of pounds of body weight.

# No. 087: Escape a Multistory Building

**CONOP:** Use bedsheets to climb down a multistory building.

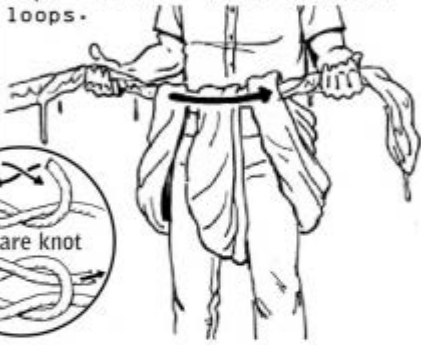


**COA 1:** Use multiple king-size sheets to create a rope. Tie sheet to bed frame or other large, heavy item.

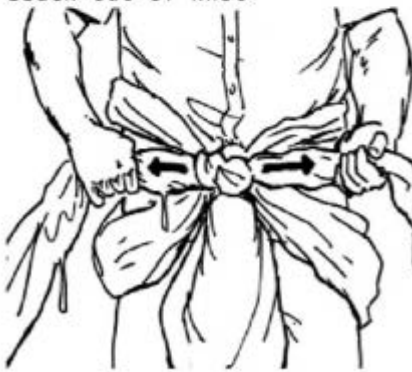


Square knot

**COA 2:** Using improvised rappelling harness (#086), insert bitter end of sheet rope into all three harness loops.



**COA 3:** Tie bitter end into all three harness loops. Pull slack out of knot.



**COA 4:** Place a pillow or towel over bottom of the window opening to reduce friction between sheet rope and window edge.

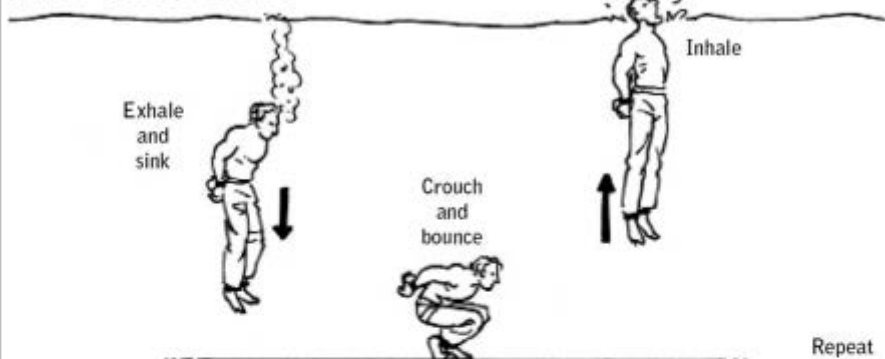


**BLUF:** One king-size sheet will provide twelve feet of rappelling length.

# No. 088: Survive a Drowning Attempt

CONOP: Prevent drowning when restrained in deep waters.

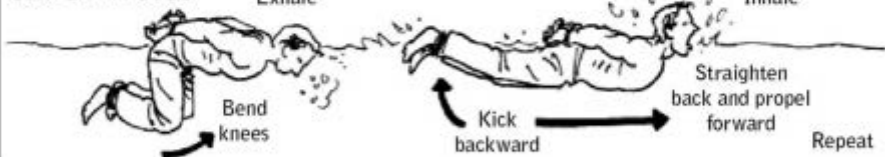
## COA 1: Bottom Bounce



## COA 2: Float



## COA 3: Travel



## COA 4: Back to Front Rotation



**BLUF:** Drown proofing should be practiced, but never alone.

# No. 089: Escape from an Automobile Trunk

**CONOP:** Execute an emergency escape from a locked automobile trunk.

**COA 1.** Pull the emergency trunk release lever.



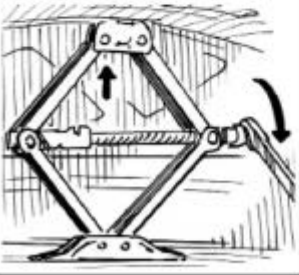
**COA 2.** Pull the trunk release cable.



**COA 3.** Escape through the backseat.



**COA 4.** Use the car jack to wedge open the trunk lid.

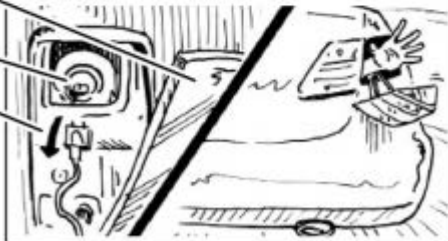


**COA 5.** Kick out the brake lights and try to get a hand through the opening to attract the attention of other drivers.

Access panel

Brake light

Disconnect plug then kick out brake light.



**BLUF:** Automobile trunks are a kidnapper's favorite containment device.

# No. 090: Develop a Bug-Out Route

**CONOP:** Plan emergency escape routes to prevent capture.

**COA 1:** Research avenues of escape where movement can be broken down into rally points, cache points, modes of transportation (foot to mobile to public transportation), and temporary lodging/hiding.



**COA 2:** Develop primary and alternate routes.



Starting Point(s)

End Point(s)

Rally Point(s) (preplanned locations where you'll meet up with someone along the route)

Go Point(s) (friendly locations such as the homes of associates, hospitals, known remote locations)

No-Go Point(s) (unfriendly locations such as bad neighborhoods, places with no life support such as food and water)

Choke Point(s) (places where you could be ambushed)

Water Crossings

Towns

Fuel, Water, and Food

Terrain Association Marker(s) (locations or objects such as water towers that will help you figure out exactly where you are once you're on the ground)

**COA 3:** Load and conceal life-support caches along routes.



**COA 4:** Load routes and stopping points into a personal GPS.



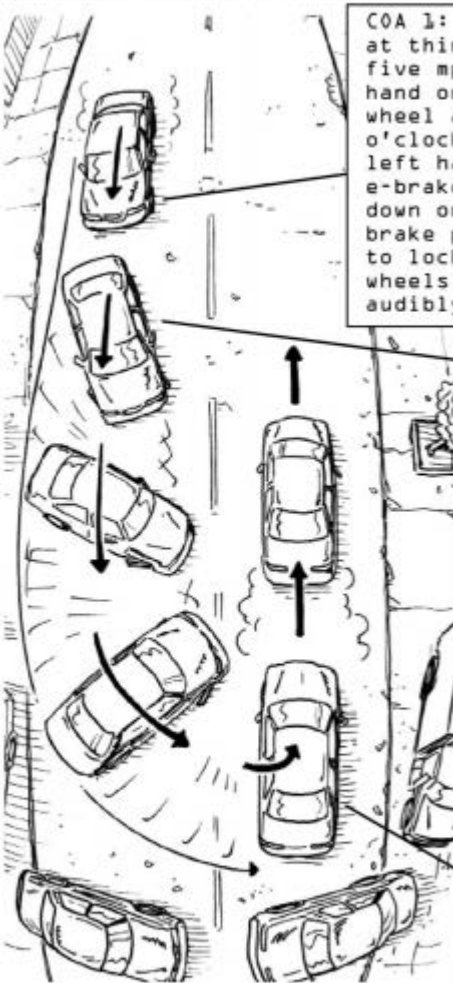
**COA 5:** Password-protect and conceal GPS in bolt bag.



**BLUF:** Clearing the area of operation is an integral part of the mission.

# No. 091: Perform a J-turn

**CONOP:** Quickly reverse the direction of travel on a narrow road.



**COA 1:** Drive forward at thirty to thirty-five mph with right hand on the steering wheel at the twelve o'clock position and left hand on the e-brake release. Jam down on the emergency brake pedal with foot to lock the rear wheels. Tires will audibly slide.



**COA 2:** Jog the steering wheel slightly to the right to upset its balance, then immediately turn it hard left to six o'clock.



**COA 3:** As the car rotates 180 degrees, remove the left foot from the emergency brake pedal, release the left hand from the brake handle, and press the accelerator. Do not floor the throttle.



**BLUF:** Evasive driving techniques utilizing 90- or 180-degree turns will increase the odds of escape.

# No. 092: Perform a Reverse 180

CONOP: Master an essential defensive driving escape skill.



COA 1: From a complete stop, shift into reverse and drive backward for three car lengths. Stay under twenty-five mph.

PRND  
21



COA 2: In swift order, shift gear to neutral, take foot off throttle, and yank steering wheel 360 degrees to the right as quickly as possible.

PRND  
21



COA 3: Hold the steering wheel in place until front hood slides around. Do not use the brakes.

PRND  
21



COA 4: As the car begins to reach 180-degree rotation, let the wheels come out of the turn. Shift into drive and accelerate away.

PRND  
21



**BLUF:** The Reverse 180 is the fastest way to reverse direction of travel and escape.



# No. 093: Survive Vehicular Impact

**CONOP:** Proper procedures for surviving vehicular impact.

**Hand Position:** On steering wheel, maintain overhand grip at nine and three to keep hands from breaking against dash.



**Steering:** Shuffle-steer with no crossover. Hand slides to hand, not hand over hand—or end up with a forearm full of teeth.



**Thumbs:** Place thumbs next to index fingers, not wrapped around steering wheel, to prevent breaking.



**Brace for Impact:** When sitting in backseat, place head against front seat, legs at 90 degrees, and hands over head.



**BLUF:** It takes thousands of bolts to assemble a vehicle and one bad guy to scatter them all over the road.

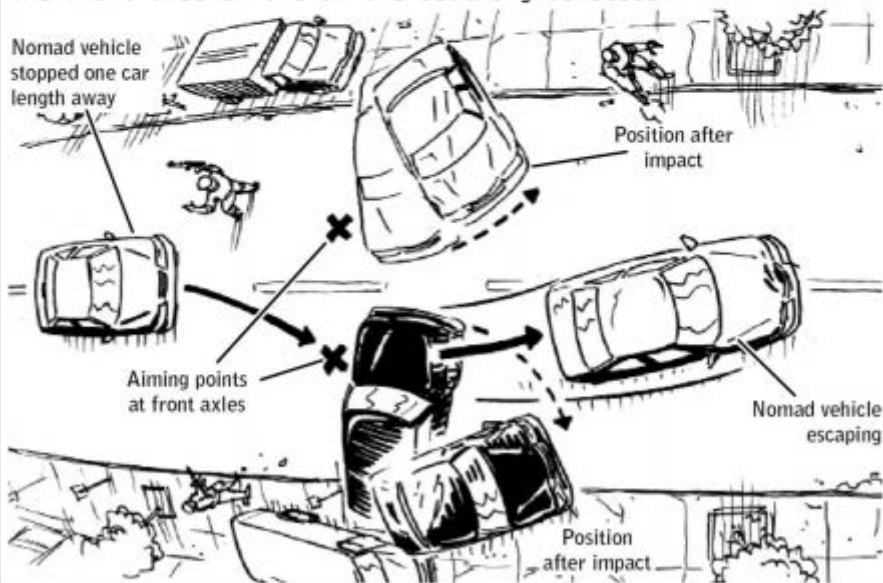
# No. 094: Break Through a Two-Car Block

CONOP: Safely drive through an enemy roadblock.

COA 1: Stop one car length away, positioning vehicle in the middle of the road.



COA 2: When the standing guard approaches driver's side window, floor the accelerator pedal and aim front fender at the front axle of one of the blocking vehicles.



**BLUF:** Only ram a roadblock if it's a choice between action and detention or death.

# No. 095: Escape an Ambush

**CONOP:** Understand and identify ambush points (marked by Xs) and avoid them.

**COA 1:** Identify areas where speed, stealth, and surprise exist.



**COA 2:** Plan routes and times around possible Xs.



**COA 3:** No alternate routes available? Stay alert, move quickly through ambush zones, and have an exit strategy.



**BLUF:** Without the element of surprise, an ambush will be reduced to a fight.

# No. 096: Set Up Proper Posture for Escape

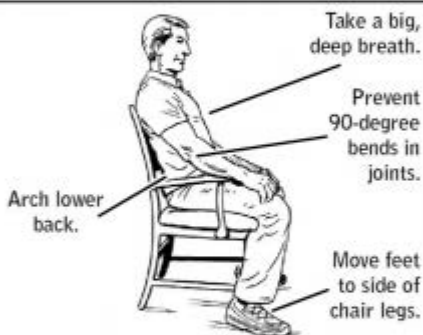
CONOP: Present proper postures to promote escape.

COA 1: Open hands and flex wrists back to constrict forearm and wrist muscles to a larger diameter; cuffs will be tightened to a larger locking size.



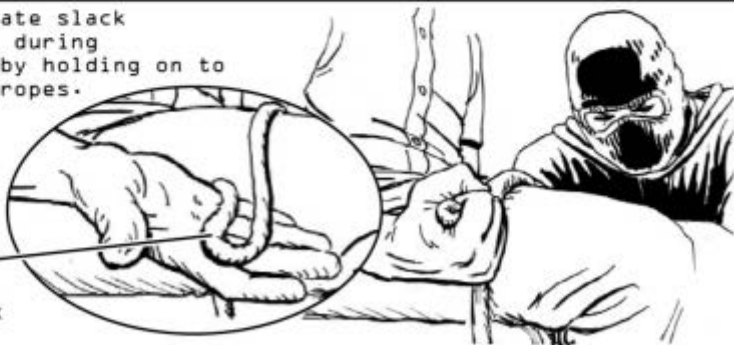
Present hands with hidden gap in back

COA 2: When made to sit, do what is possible to create slack as restraints are applied.



COA 3: Create slack discreetly during restraint by holding on to chains or ropes.

Length of rope held in hand during restraint will create slack when released.



**BLUF:** Get "big" when restraints are applied; get "small" to create slack and escape.

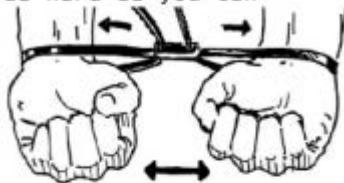
# No. 097: Reposition Restrained Hands

CONOP: Reposition restrained hands from back to front.

COA 1: Though a posterior restraint position limits range of movement, repositioning is sometimes possible.



COA 2: Pull wrists apart as hard as you can.



COA 3: Lower hands past glutes and bend at waist.



COA 4: Lower chest to knees and drop hands behind knees.



COA 5: Step through wrists one leg at a time.



COA 6: With wrists in front, it is now possible to defeat restraints.

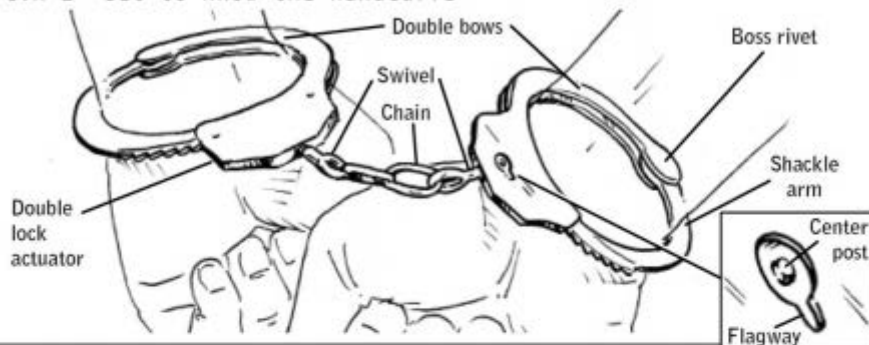


**BLUF:** It's much harder to defeat the unknown. Always reposition restraints to promote successful escape.

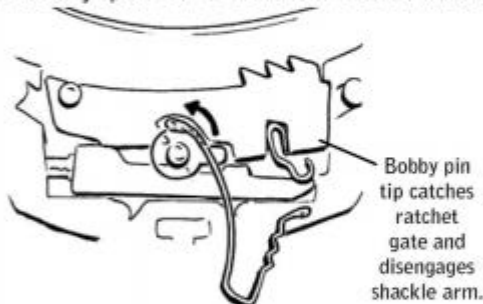
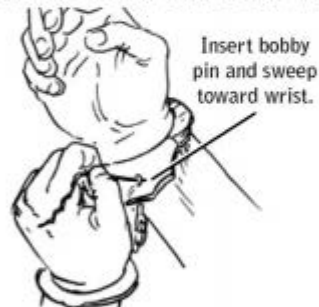
# No. 098: Defeat Handcuffs

**CONOP:** Escape handcuffs using destructive and nondestructive techniques.

**COA 1:** Get to know the handcuffs.

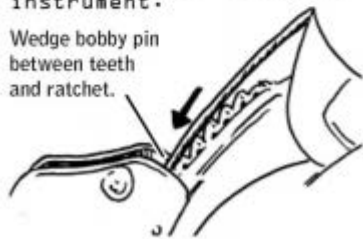


**COA 2:** Pick the lock with a bobby pin or a similar instrument.



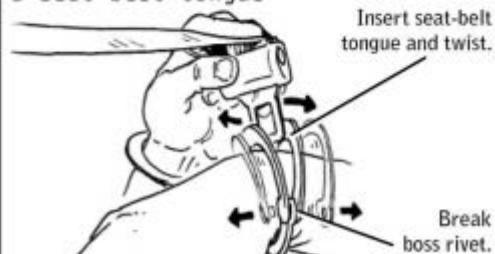
**COA 3:** Shim the lock with a bobby pin or a similar instrument.

Wedge bobby pin between teeth and ratchet.



**COA 4:** Pry the shackles apart with a seat-belt tongue.

Insert seat-belt tongue and twist.

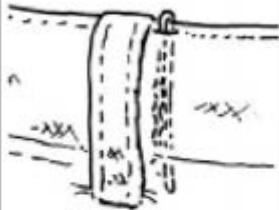


**BLUF:** The world's most common handcuffs are eminently defeatable.

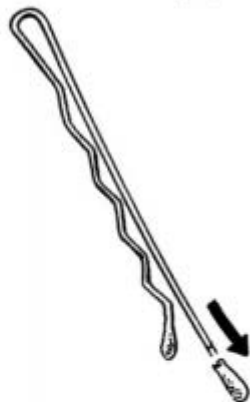
# No. 099: Defeat Zip Ties

CONOP: Use a bobby pin to defeat zip-tie restraints.

COA 1: Bobby pin hidden in waist-line.



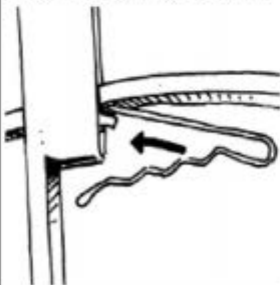
COA 2: Remove wax tip from bobby pin.



COA 3: Examine interlocking ratchet and teeth of zip tie.



COA 4: Wedge tip of bobby pin between ratchet and interlocking teeth.



COA 5: Pull wrists apart to release interlocking teeth from ratchet.



**BLUF:** Zip ties have become the most utilized restraint device, second only to duct tape.

# No. 100: Defeat Duct Tape

CONOP: Use body weight to shear duct tape restraints.

COA 1: Assume a standing position. Turn feet outward into a V.



COA 2: Squat down fast, driving butt to heels. Tape will shear apart, freeing ankles.



COA 3: Reposition hands from back to front. (See #097.)



COA 4: Extend bound hands forward at shoulder height, then drive elbows past rib cage. Tape will shear apart, freeing wrists.



COA 5: Escape out back doors of kidnappers' vehicle at first stop.



**BLUF:** Duct tape is the most commonly used restraint upon initial abduction.