

FROM
DESK



TO
DEFENDER

A LEFTIST'S GUIDE TO DEFENSIVE PRINCIPLES
January 2021

Disclaimer

This manual is intended for educational purposes. The target audience is politically left-leaning members of our society who wish to know more about how to aid in both disaster relief and how to help protect their neighborhoods. It is neither intended for nor authorized to be used as a revolutionary organization document.

*It is strictly for **EDUCATIONAL PURPOSES ONLY**.*

N1 - PREFACE

Date: 22 December, 2020

'We must prepare for the worst,' is a sentence that stokes one's fear and slams the adrenal gland like a bass drum. It is a concept that most people in an otherwise mundane and unprepared culture will say is "rash" or "hasty," or even "downright radical." While yes, preparing for the worst as a concept is scary to most, in the current environment of 2020, it is now more than ever that we must begin to grapple with our discomfort. We must realize that the flames that have been licking the joists on this rickety shack we call late-stage capitalism are going to bring it all down soon.

The working class is shattered and desperate in the face of the COVID-19 pandemic and the government's outright abandonment. More than forty million Americans face evictions, and food banks and soup kitchens are lined up for miles. There is no relief in sight. After only one \$1200 check, which less than half of the citizenry actually received, coupled with the abysmal \$600 pity penny they propose as of the time of this manual's writing, average Americans are fed up. While we starve, we watch the opulence and abhorrent flaunting of wealth and suck up our individualized propaganda designed to pit us against one another. Divisions are turning to chasms as the machine begins to break itself into pieces.

For the last few years leading up to the end of 2020, we have watched the far right proclaim "Fuck your feelings!" and claim to "drink liberal tears." We have watched them murder the citizens of this nation while wearing the uniform they tell us represents service and protection. We watch them as they don their hate group slogans proudly with the support of thousands. We have watched their treatment of those that disagree with them: all the murders, assaults, lynchings, muggings, mobbings, and all the other twisted violence they afflict upon us. Now they turn on those they claimed were allies. The far right has severed from the Republican party and is forming its own fascist, ideological cult of violence and death. They are growing in number and in confidence. They storm the streets, calling themselves "street sweepers" as they brutalize passersby and their assaults mount up into the dozens and police laugh on the sidelines.

They know how vile their actions are. They do not care. They seek only the destruction of their 'enemy' because they see backing down as the "death of the American way." They claim they want liberal tears and leftist blood on the streets. They claim they want to put a bullet in the head of every traitorous Democrat. The derangement of their death cult has grown prolific and they begin to operate not unlike similar right wing terror groups in the Middle East. They seem as though they think, 'only the death of my enemy will satisfy my hunger. I will create as many enemies as needed to never go hungry again.'

It is time to plant your feet upon the soil of your home and stand shoulder to shoulder with your brothers and sisters who share your grief. The time for being

victims is gone. The time for standing idle while our fellow citizens get murdered in cold blood by rampaging fascists is gone. It is time for the farmers to break down their plows in the crucible fire burning in their hearts and forge red hot sabers to defend themselves with. No longer should we stand mouth agape, watching the world burn to cinders. It is time to tell the fascists "This cannot go on! I will not take one more step back! You will go no further!"

The enemy is training, so should we.

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N2 – INTRODUCTION

N2-A - THE PURPOSE

Preparing yourself for whatever may come is quite a daunting task when you get right down to it. It is a process of many months of training, and even the most highly trained special operations units in the world take casualties. In the face of logistical breakdowns, food shortages, civil unrest, outright invasion, or natural disasters, there are many things to consider, each one having its own sizable length and breadth. It is the aim of this manual to give the reader some idea as to where to begin, as well as lay the foundations for growth. Using this manual, you will learn how to strengthen your mind and body, develop a survival mindset, maintain and utilize firearms, and work in a rigid team structure in order to survive in complex scenarios. You will learn basic survival techniques, how to strengthen your body without a gym, basic first aid, proper marksmanship practices, and many other useful tools.

Keep in mind, however, that by no means is this manual a be-all and end-all to what it takes to survive in any given scenario. It is a time-dated piece written for the express purpose to help our brothers and sisters to defend themselves and survive whatever turmoil may come in 2021. It is meant to bring us up from our positions on the couch, the assembly line, or the desk and give us some rudimentary tools and ideas with which we can share with our fellows to strengthen communities in danger. Each of us can become a defender of the weak and an organizer of the first response. None of us *want* to be killers in defense or medics to maimed victims. However, there may come a day in which it cannot be avoided. These are grave matters that cannot be ignored.

Considering the target of this manual, the everyday American citizen, we will begin a slow and gradual process to transition. This guide is segmented into several parts and designed to ease you into the role of a community defender. In Part I, Foundation, you will learn the broad strokes of the essential military tool bag, and gain familiarity with them. In Part II, Framework, you will learn more intermediate aspects of those subjects as well as a few more complicated ones. Part III will teach you the concepts of adaptive learning built upon your own specific environment, introduce you to the concept of stepping into a leadership role, as well as knowing yourself and your role if you are not interested in leadership. Part IV is focused on showing you how to use your developing skills to help teach others and pass along your knowledge as it grows. Part V will guide you through specific scenarios you may face if you find yourself in a leadership position during an emergency.

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N2-B - WHY LISTEN?

You don't *have* to. Personally, I served eight years in the United States Marine Corps, where I achieved the rank of sergeant. I refused to reenlist because the thought of swearing an oath to a fascist traitor like 'Mango Mussolini' made me sick to my stomach. I have completed a multitude of relevant training courses: basic machine gunner's course, combat life saver's course, movement on urban terrain, small unit combat training, mountain warfare, ruck marches and more. I am a qualified expert marksman, a trained survivalist, and come from the sticks of the midwestern USA where I was raised by hunters, farmers, and preppers. I am by no means the best at anything, but I was made into a repository of both military and farm-boy knowledge and I am tired of watching my community, and ones like it, devolve into chaos.

Our team comes from similar situations, to include several other veterans who feel the same way. We are made up of like-minded people with expertise in subjects that may help you survive the turmoil that you may face. We want to share what we know, and we want those that we share this with to then share it with others. The veterans among us believe that the time has come for those of us who swore to defend our nation from domestic enemies to put up or shut up. You do not have to listen to us, and we do not condone the active creation of conflict or aggression. But when the time comes to defend yourself or others from those who *will* create conflict, we hope you can remember a few things from this manual and put them to use.

**We protect us.
Because community defense belongs to
*everyone.***

PART 1 – FOUNDATION

INTRODUCTION:

Think of this first part of the manual as a "crash course" in five big-game topics. Each Section of Part 1 tackles a very important topic that will enable you to begin your journey towards becoming a Defender. While this first part is introductory in nature, that does not mean that is worthy of dismissal. Experts and newbies alike may find valuable information therein, and it will be formatted in such a nature that it will also serve well as a reference guide. Make sure that you read it front to back, from A to E. That way, you will be introduced to relevant topics in succession, so as to avoid overwhelming you with information right off the bat. We will work on many things throughout this manual, but first you must begin to grapple with the basics. That will make Part 1 your "boot camp," so to speak.

PART 1, SECTION A - BARRIERS TO ENTRY

Author(s): Chowa

Editor(s): gdogabbott

Subsections

1. The Barriers
2. The Mindset

1-A-1 - THE BARRIERS

Americans are spoiled. We sit upon our couches, faces buried in screens, gobbling down propaganda telling us "Everything is okay. Just keep purchasing things. Material objects will make you happy. No, no, don't pull out that IV we've forced upon you. Keep that blood bag full, we would never deprive you of things." The concept of leaders running rampant while we gorge on entertainment and food has been in play for centuries. It is even written in ancient history as early as the year 100 C.E., where the Roman poet Juvenal writes, "... Already long ago, from when we sold our vote to no man, the People have abdicated our duties; for the People who once upon a time handed out military command, high civil office, legions -- everything, now restrains itself and anxiously hopes for just two things: bread and circuses." As the ancient Romans did, we handily dole out responsibility and power to those who keep us fed and entertained. We fatten the pigs who take advantage and pay no mind. We sink further into our vices.

That is your barrier to entry. Almost every living American has been raised to believe material objects and the expenditure of capital is the key to American prosperity. We are encouraged to indulge our senses and strap ourselves with chemical dependencies. We work our lives away and allow our hard-wrought labor to be siphoned away for mere crumbs of the money it generates. We are selling decades of our lives. We are handing off the fading youth of our bodies to people who sit upon hoards of gold and tell us "This is not enough, work harder. Increase productivity. Increase your workload. MORE, MORE, MORE!" And we are told to be grateful. Now we sit, eyes opening to the catastrophe forced upon us, shouldering the burdens that they have given us. We are now juggling our inherited guilt and developing a sense of frustration that boils under the surface.

They have chained us for too long. Our dependencies and dopamine feedback loops (whose money-making schemes were designed to abuse shamelessly) encourage us to become lethargic, apathetic and waste away. Caffeine, sugar, carbohydrates, heavy oils, nicotine, alcohol, opiates; these are but a few of the chemicals they lasciviously slather all over us. That is discounting the sensory input like social media, celebrity obsession, cult-like fandom, video game addiction, gambling, pornography addiction and other popular culture facets. Each and every one of these concepts are not harmful on their own. It is okay to use recreational chemicals, partake in social media, admire celebrities, enjoy fictional universes, play video games, and enjoy sex. These things all reward our senses and can give us some measure of joy in this bleak and hollow existence they intend for us. The problem is that they say "These things are the *only* thing that will make you happy. But you need *more*. You don't have enough yet. But you cannot do it on your own. It is only good when *I* do it for you. Sit, do not create. Sit, absorb, and do *not* look away."

To begin the process of removing these phantom shackles is not an easy task. You must battle yourself first before you can even consider being a community defender. These are avenues of vulnerability that can be exploited. Your brain is being held slave to your body's addictions, and in order to realize your potential, you must first acknowledge this. To truly know your vices is to understand how to defeat them. You do not have to go cold turkey, although it is the most effective way to detoxify. You can wean yourself clean. This includes all things chemical and sensory; food, screen time, alcohol, and caffeine, to name a few. The biggest barrier to entering the defender and survivor mindset you will find is your own body. It will be painful, it will take effort, and it will not be a pleasant experience to overcome it.

But consider this:

You can rise to your feet to tell your addictions "No more!", suffer at their loss and watch yourself grow stronger. Alternatively, you can continue to indulge mindlessly, ignore what is coming, and eventually watch as your community is assaulted by terror and bodies begin to decorate your neighborhood. Which would feel worse to you? When you struggle in the oncoming months of preparation, remember why you are doing this. Our communities are counting on us to protect them when others will abandon them to the wolves. Vulnerable members of our society are being killed. In America, it is becoming less uncommon for people to be lynched, assassinated, assaulted, maimed and ostracized simply for the color of their skin, who they choose to love, or what political doctrine they subscribe to. These people are outnumbered, cornered and face a ravenous pack of wolves that want to tear them limb from limb. Those who can defend them, must, or live with the regret of failing their moral duty.

If we have the ability, we *must* protect those who cannot protect themselves. We *must* then bring them up and teach them to do the same.

In the next few months, think of them. Think of the ones who will look to you as they grasp at the jackboot pressed upon their neck. Make yourself able to put a stop to it. Their lives depend on you!

1-A-2 - THE MINDSET

Reality is *morbid*. Horrible things happen to good, unsuspecting people all the time. There are vehicle accidents, natural disasters, random acts of violence, politically inspired violence, and other unspeakable brutalities. Most of the time these things cannot be avoided, and yet most people choose to bury their heads in the sand and pretend that ignoring it will magically stop it from happening. They depend on the previously reliable infrastructure to repair itself. They are quick to ignore the blood, sweat, and tears that go into maintaining a society. We *need* things like paramedics, firefighters, family crisis responders, and police officers. We *need* people to respond professionally, quickly and effectively to emergencies.

What we *don't* need is people in those systems that will willingly "forget some of their training" or claim "I didn't know that was a rule" as they either let people die or straight up murder them. Crooked paramedics will let a drug overdose patient fade away in the ambulance to prevent further problems. Crooked firefighters will respond slower to fires in certain neighborhoods. Crooked cops will straight up use people for target practice if they twitch in the wrong direction. It doesn't matter if those people are good at their jobs. It doesn't matter if they're stressed out. Killing others is not what a first responder should be practicing, actively or passively. What good is a system that cannot purge itself of these horrific, monstrous killers?

We need the people that can do these jobs and won't willfully act in or enable the death of another person. People in these positions are propped up and perpetuated by a system that is rigged against minorities, LGBTQ+ persons, the impoverished, or others classified as second-class citizens. That is why those who are at risk of being labeled as such should have dependable people to rely upon if they fear being ignored in a time of need or outright killed. There should be citizens in their neighborhoods ready and willing to step forward, lend aid, give them what they need, and to help lift them higher.

That is the mindset of the community defense organizations and their teams of defenders, herein called "Orgs" and "Defenders." They should be the ones to stand the tallest when the threat is the most present. They should be the first to extend their hands down to pull people from the a blaze. They should be the ones rallying the fleet of small vessels when communities flood. They should be ready to stand when the crooked death-dealers wish to see their corpses on the ground.

It is the duty of a Community Defender to fill those boots, to pull people from burning buildings, to slow the bleeding until medical personnel arrive, to form a defensive line around a vulnerable family. A Defender doesn't seek out trouble, doesn't fantasize about its coming, but rather stands ready on the sidelines, just in case. If this description lines up with what you aim to be, you need to steel yourself now, and do it fast. The job is not easy. It is not sunshine and rainbows. It is mud, it is muck, it is blood, and it is death. You could die, you could kill in defense, you could watch your neighbor bleed to death despite your first aid. That is what a

Defender must accept. That is what a Defender will inevitably deal with if all the worst outcomes come to pass.

The mindset of the Defender is found in what we call the "Community Creed":

"As a Defender, I will always work to strengthen my community. I swear that I will do this by:

"Never withholding knowledge, kindness, or compassion from anyone,

"Treating all members of my community with respect, no matter our differences,

"Never degrading another human being even at my own expense,

"Always lending aid to those who ask for it,

"And doing everything in my power to make sure no one's human rights are violated.

"These things I do swear."

Reach down into your heart. Look into the proverbial mirror. Be honest. Can you swear these things to your neighbors? Can you honestly commit yourself to putting your fellows before yourself? Being a Defender is no easy task and you need to be honest with yourself about whether you have the stomach for it. If you do not, work on getting there. If you do, and *really* know that you do, remember what you are willing to swear to. Read this passage, swear it to yourself (this isn't a cult, you won't put your hand on a bible and go to jail if you don't do it), and try your best to embody the spirit it represents.

PART 1, SECTION B - FITNESS

Author(s): Chowa

Editor(s): gdogabbott

Subsections:

1. Getting Started
2. Adaptive Foundational Fitness
 - a. Phase One
 - b. Phase Two
 - c. Phase Three
3. Nutrition Basics
 - a. Macronutrients
 - b. Calories
 - c. Basal Metabolic Rate

1-B-1 - GETTING STARTED

One of the most important aspects of the Defender mindset is resilience, both physical and mental. You can be a world-class bodybuilder but at the same time the world's biggest coward. Being fast and being strong does not make you someone who can be dependable in an emergency. In a time of crisis, people will look to the mentally strong before they will look to the physically strong. But that does not excuse you from making yourself more physically capable of handling an emergency situation. You are doing yourself and your fellows a great disservice if your muscles fail to perform tasks that are expected of you.

Therefore, it is my belief that the first layer of the foundation to the defender's duties is the ability to demonstrate self-control and discipline in all things. One cannot exhibit self-discipline and control without also having respect for the physical demands of handling crises. Effective leadership in a situation such as a natural disaster or civil unrest is incredibly demanding. That is why fitness will be the first thing that we cover in this manual.

That doesn't mean that you need to be a marathon runner or a bodybuilder. No one is telling you to chisel out a six-pack before standing up for your neighbors. What we are looking for by building up a basic level of fitness is dependability. Dependability is the ability to not only endure, but to control your body's responses to external stimulus. Somebody might get hurt and might need to be carried away from a dangerous situation. It is a good leader's responsibility to be able to remove people that are in their charge from a dangerous situation, and most times they will expect you to be able to do such.

Leaders that demand things of their charges that they cannot do themselves are not fit to be leaders. Leaders are simply people that move first. Others will be inspired by your initiative, so don't spoil that by not being able to do half as much as they can. Don't allow yourself to let your body fail because of negligence or lack of self-discipline. People will not allow themselves to be led by people that they view as ineffective. We must demonstrate strength of mind, spirit and body. This is the first fundamental step.

1-B-2 - ADAPTIVE FOUNDATIONAL FITNESS

All of us stand on the road to physical readiness, but at different distances from a generalized ideal level of fitness. Considering the scope of this document and the target demographic, we must have a program that is adaptable, customizable, and consistent. We don't use weights, we don't use treadmills, we don't use equipment aside from pull-up bars. Being a bodybuilder is not the goal. Being physically ready is the goal. You can achieve that goal at any location with no equipment to aid you. But, as with everything else in this manual, nothing comes easy or free. We need to ease you into this, because this section will be one of the most difficult.

Not just because there is a fundamental desire built into our brains by the cultural norms that have been forced upon us to sit and idle our lives away, but because it never, ever ends. Staying in shape is a constant commitment and doesn't end when the bullets stop flying or the cities are rebuilt after an earthquake. It is a burden you will have to strap to your back and carry it always. Being physically ready for the challenges ahead trumps any and all other priorities. Remember, we are not trying to become Defenders who can drill a penny at 100yds consistently but can't run two miles to deliver aid to their endangered communities. You should be able to run a mile, be cognizant enough to assess the situation, take a stance and be ready to fire. Gasping and sucking at air is not conducive to your marksmanship potential.

You need to get your cardio and calisthenics right. So, first, we must establish your current level of fitness in respect to your goals. Can you do a pushup, or can you a hundred pushups? Can you run a hundred yards, or five miles? Either way, we need to get an idea of where you stand and what you need to do to get further down this road of dependable fitness. Defenders must be able to withstand some very strenuous scenarios and keep their feet steady, while respecting their limits.

In Part 1's fitness section, I want to help you get ready to begin your physical readiness journey. In the next 28 days, we're going to lay out the foundation for you to grow on. Here is the plan for what I call the "Adaptive Foundation Fitness" program, that I have cooked up based upon my years of Marine fitness training, personal research and experience as a lifter.

1. **Phase One - Setting the Posts:** Wherein we will discover your current progress and establish simple, gradual goals to meet.
2. **Phase Two - Laying the Foundation:** Building muscle groups to give you a solid foundation to begin your regimen with.
3. **Phase Three - Always Upward:** Introducing more complex workouts in a modular fashion to help you proceed along the path at your own speed.

Here to accompany this program is a simple set of three rules.

1. **Rule One:** You will always be sore if you're doing it right.
 - Always push your limits, even if your muscles ache constantly.
2. **Rule Two:** In emergencies, Aerobics is more useful than Anaerobics.
 - In other words, if you have to prioritize a type of exercise, pick cardio!
 - If you can't last for more than a few quick lifts, you are nearly useless in an emergency.
3. **Rule Three:** Every day, no excuses.
 - You don't have to break yourself off every day. But *always* do something. Do a four-on, three-off week if you want. On your "off" days, stretch, drink lots of water and plan your next "on" day.

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1-B-2-a - PHASE ONE

For Phase One, we are going to do a lot of measuring and planning. I like to think of fitness like building a house. It is constantly getting battered by weather, by time, by accidents. Repairs are needed constantly on the essential systems or they will begin to interfere with the house's ability to perform its functions. Much like the systems of a house, the systems of muscles in your body need constant maintenance.

To begin, let's get an understanding of where you are at. No judgment, but no fudging the numbers to feel good. Be honest with yourself so we can design a program that is tailored to you. We will need a few measurements in body circumference (for calculating Body Fat %), weight, and height. These are all statistics that are not incredibly relevant, so do not let them cause you anxiety. These numbers essentially give you a platform to compare your results to, chart and feel good about your progress. If you do not have the means or the desire to do such, do not feel obligated. Statistics about your BF% will not help you resolve an emergency.

First, flip to Appendix A, Section 1 and start filling out the sheet. Take your weight (side note: make sure you use the same scale every time you weigh yourself). Get your height, as well as all the other data there. Each piece of data is optional unless you want a more detailed progress report. You will need tailor's tape to do your measurements for calculating body fat percentage. You can also lay out a string and color it against a yard stick if you can't get a hold of tailor's tape. When you measure your waist, do it at the navel. Measure the neck dead center, and the hips at the hip bone. Make sure the tape is level to the ground and flat against the skin. It should not be tight enough to indent your skin or loose enough to slide off you. Round down to the nearest half inch for the waist and hips, round up for the neck. Make sure you write all these numbers down.

Here is where it can get a little complex, but the easiest way to do it is using a free "body fat calculator" app on your smartphone or computer and plug in your numbers. It'll do the math for you. For those curious, for bio-males it takes your waist measurement, subtracts your neck measurement, and then creates a number called a "circumference value" or CV. For bio-females, it is as such: $CV = \text{hips} + \text{waist} - \text{neck}$. That CV is then used against a chart (also included in Appendix A), to determine your body fat percentage. The prescribed ideal according to the Marines is considered to be less than 18%. Again, this is not an incredibly important measurement, as being a purist about BF% has little bearing on your performance overall.

Once you understand your current body measurements, let's turn to our exercise measurements. Follow with the sheet on Appendix A, Section 2 and start at the top. Look at the list of exercises as you stretch your muscles and conduct some warm-up movements. Good warm-ups consist of slow, steady movements,

little static stretching, and should leave you just the tiniest bit sweaty. You never want to conduct a workout with cold muscles, as muscular damage can happen pretty quickly. Once you're good and warmed up, do each exercise once. Do as many as you can until your body fails. Give it everything you have, as we are measuring your "Maximum Repetitions" or "max reps" for each of these exercises. This will help us determine how many repetitions you will need to do in order to get an effective workout.

If you want to get an effective workout, you do not want to do max reps on every single set of exercises. It is more effective to do a certain percentage of your max reps based on how difficult you want it to be. Based on what you want to do, you adjust your reps, as well as how many sets of the exercise to do. We want to focus on endurance, so we are going to go with a more moderate percentage of your max reps, and increase the number of sets. Considering we are only using calisthenics to build our foundation, calculating your workout repetitions will be quite simple to do. Say, for example, that your max reps for crunches was 40 (for the sake of easy math). Take that number, divide it into tenths.

$$[40 / 10 = 4]$$

Easy enough, right? Now if we want to calculate 60% of that, we simply times that number by 6.

$$[4 * 6 = 24]$$

So your workout weight based on 60% of 40 reps is 24 reps per set of crunches. Normally, when you are going for strength calisthenics, you would go for closer to 80% of your max ($4 * 8 = 32$ reps per set) coupled with going for only one or two sets. With endurance calisthenics you want to go more sets, with slightly less repetitions per set. We will go for three to four sets at 60% of our max reps. Don't worry if it sounds overly complicated, after calculating it a few times, it will become second nature. If you're up for a higher challenge for the sake of simpler math, just do 3/4 of your max to get 75% of your max reps.

Now that you have all your max reps, rest up and take three or four days to begin Phase Two. I recommend measuring on a Wednesday, and starting the following Sunday for the sake of starting on a new week.

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1-B-2-b - PHASE TWO

Figuring out where you start is the easy part. Now that you know where you are, you've got to fill in the blanks on your "First Month" sheet. It's four weeks, as many days per week as you can handle, and a gradual progression into difficulty. So the "First Month" program is the first step on your Adaptive Foundation, and meant to be as modular as possible. Once you progress past the First Month, the AF will look like the Week 4 line every week. There are 12 months included in this manual, and you can make as many copies as you want of those if you want to keep it going.

The AF program that I have here doesn't have to be your one and only fitness program. You can spike it up if you want, add some CrossFit or HIIT. This program is for the newbies. If you're getting to the point where you're not a newbie anymore, just know that it's okay to outgrow it. This is simply a crash course in fitness, and will hopefully help you get a decent build from which you can grow upwards.

How to Fill Out Your Sheets:

So if we have figured out what type of workout we want (endurance is preferred here), figure out your set and rep numbers. Feel free to use the numbers from the example sheet. It's a good start for endurance training.

For example: Let's say your pushup max is 40 pushups. Here's how to fill it out based on your goal.

- Endurance = 60% of max rep (24) per set, 3-4 sets per exercise.

Your boxes should look like this:

[Pushup | O 24 x 4]

- Strength = 80% of max rep (32) per set, 2-3 sets per exercise.

Your box for an exercise should look like this:

[Pushup | O 32 x 3]

Do that for each exercise listed on Week 1. Keep in mind planks or other timed exercises are based in seconds, not reps. We will calculate the following weeks by adding 5 to each rep count, keeping the set count. Like so:

Week 1 [Pushup | O 32 x 4]
[Crunch | O 40 x 4]

[Air Squat | O 40 x 3]

Week 2 [Pushup | O 37 x 4]
[Crunch | O 45 x 4]
[Air Squat | O 45 x 3]

Each week's exercises will retain their numbers for the whole week. Go ahead and fill out Week 1 to see how it looks. Once you've got them all filled in across the entire week, leave the rest of the weeks blank. Go ahead and complete the first week and feel out how you feel about your set and rep counts to see if they need adjustment. Too hard? Move towards a smaller max rep %, no shame. Moving from 60% to 40% is okay. Too easy? Shoot for strength over endurance. Move from 80% to 100% if you have to or increase sets.

Now, for actually conducting the day's workout. Get a clipboard, book, notebook, whatever you need, to write on. Sit it next to your workout space and have it handy. Do each exercise one by one. Those circles are check boxes. As you complete exercises, check them off. On a full set, mark an "X." If you do a partial set, mark a "\", then cross out the numbers and write what you actually did. Not completing a full set is okay. That means you're hitting your boundaries and know what your limits are. If you can't hit any set, maybe humble down a bit and shoot for easier sets until you can hit what you want to.

Week 1 is your baseline. Move from there in any direction necessary. Week 2 could be harder or be an opportunity to correct your baseline. Continue to increase reps if you complete them and remember that the goal is constant upwards growth. In theory, you should be adding 5 reps or 5 seconds to each exercise each week for the first month, then repeat that process perpetually. That is the backbone of the Adaptive Foundation.

After Phase 2, aka "First Month," Phase 3 will introduce more complex concepts (like running and other high-impact cardio).

Remember to stay strong and accept any sort of mistake you make on this journey. The first month is the hardest, as it will show you the meaning of burn and sore muscles. If you can keep it up for the first month, you have an astronomically higher chance of continuing that growth.

Do it every day, no excuses. If you have to take a day off sets and reps, do some stretching or take a good walk. Drink lots of water, take a multivitamin, and eat lots of protein (a good practice is 50% of your body weight in protein grams per day. A 200lbs person doing physical training would take in 100g of protein per day), as it will fight off soreness and help your muscles repair.

People could be counting on your ability to endure, so remember them as you struggle. Once you get done with Phase Two, go ahead and move into Phase 3, "Always Upward."

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1-B-2-c - PHASE THREE

Congrats! You have moved from Phase 2 to Phase 3! Now just keep doing that. Forever. Seriously. Phase three of this program is meant to just make this tracking of daily exercise second nature to you. One day you will find your ideal workout and that can just be yours forever! After you get to your final goal, the idea is to maintain that. Your body will constantly try to degrade in fitness as you move forward. You will constantly be building yourself up to whatever standard you perceive to be ideal. Hence the name of this Phase, "Always Upward," since you're consistently climbing this Sisyphean hill with no hope of ever crossing over.

Oh, you thought that "Always Upward" was some sort of motivational slogan from some airplane academy for babies? No, it describes your current physical condition undergoing a constant assault by time, procrastination and snacks. In this metaphor, your body is Sisyphus, and your brain is Zeus. Every daily exercise you conduct is another lap of the boulder up that hill. Sound cruel? It is. Your body will hate you for it. But you will need to be stronger than your base urges if you wish to continue to be Zeus in this metaphor and not Sisyphus. So, in short, Phase 3 is the strengthening of the foundation so we can build some cool stuff on it later. It will not be fun.

After the first month, we will increase the difficulty. So, now, in addition to your weekly sets of AF exercises, you will need to conduct an additional cardio workout. In our First Month sheet, we do Push-ups, Crunches, Planks, Air Squats, and Burpees every single day. After the first month, you will begin to intersperse those days with a no-joke cardio exercise. We're talking running, circuit training, cycling, swimming, and whatever else you can think of that gets your heart rate going!

Check out the AF Phase 3 sheet and you'll see that instead of doing two sets of each exercise on every single day, we're spreading them out. Don't be excited yet! On the days between those, making your total workout days 6 out of 7, you will be conducting cardio. After the first month, we should be more prepared to do a steadier program, so slack is starting to be tightened up. So, for example, your weekly routine might now look like this:

Sun: Calisthenic Circuit (C.C.), Mon: 2-mile jog, Tues: C.C., Wed: 30 minutes heavy cycling, Thu: C.C., Fri: 30 minutes heavy swimming, Sat: Rest (yay!)

Keep in mind you will want to continue to increase your reps for your calisthenics, in addition to the new information you will need to track about your cardio progress.

Running Safety: A few pointers for those who do not have much experience in running any sort of distance.

1. **NO FLAT-FOOTED SHOES:** These things are hell on your joints, please please please don't use them for running. You'll want a good running shoe with some good padding that can endure road runs. They don't have to be expensive; you can get a passable pair for less than \$30 at a department store.
2. **DO NOT KEEP RUNNING IF YOU HAVE SHIN PAIN:** Shin splints are no joke! You will destroy your shins if you keep going when you have sharp shin pain. These are little splinters of your shin breaking off into your muscle. If you start to get acute shin pain, STOP RUNNING! A few good practices to avoid this is to land on the balls of your feet, practice good form, as well as know your limits and start small.
3. **POSTURE IS IMPERATIVE:** When running, you want to make sure you maintain a good posture to preserve your energy as well as promote healthier impact absorption from your body. Keep your back straight, head back, arms held in an "L" shape with elbows close to ribs. Lean forward slightly but not enough to threaten your balance. Loosely flapping your arms about like Jim Carrey in Ace Ventura is not good practice.
4. **PRACTICE MAX REPS PRINCIPLES:** Start by running a few hundred yards (a run tracking app like MapMyRun is good for this). If you feel okay, then increase by 200 more. Keep doing that until you can't go any more. That is your "max rep" for running, in a way. If it helps, you can round up or down to the nearest mile for simplicity's sake. Increase by a mile every few weeks until you're comfortable with your level. You don't need to run a marathon on every cardio day ten years from now.

Running Circuit Courses: On days that you feel like you want to do some cardio but want to mix it up some, do a circuit course! So, say you're normally running in a grid-patterned town, and your block is about a half-mile all the way around. Set a start point, run a lap around your block, then do a calisthenic exercise. Do as many laps as you want to/can. Should be easy to knock out a really good workout in a half-hour or less this way.

Some alternative cardio workouts include: playing intense sports, swimming, cycling, climbing, or carrying heavy things around. One thing to keep in mind is that cardio is simply anything that will suck up a lot of air, causing you to breathe heavy, sweat like crazy and expand the capacity of your lungs. We call this "aerobic exercise." It's really limited to what you want to achieve. As long as you *feel* like you got a workout, you more than likely did.

As long as you continue to follow this basic Adaptive Foundation program, you likely will not need much else. No one needs you to be some ripped behemoth with muscles big enough to untie the tangled knots of our political climate. So don't

worry about the bodybuilders or fitness freaks think. They will inevitably try to convince you that *their* way is the only way. It's not. It will always be hard to be even a little fit, but you don't need to look like those folks to get the job done. Just fill out the sheets in the Appendix, make some copies and get ready to settle into the eternal struggle.

1-B-3 - NUTRITION BASICS

As a disclaimer, I would remind the reader that this manual is designed for the newbie and is not meant to retain a 100% accurate scientific analysis of specific nutritional chemicals. Especially not in the first part.

Fundamentally, we as citizens of this western society at large have been lied to about what is required by our bodies to operate. I mean, 42% of Americans are obese, and 18% of Americans morbidly so. With that in mind, let's examine the typical diet. Get up in the morning, grab some toast/cereal/bagel. Decide to have a snack at work and eat a candy bar. For lunch, some generic fast food, then a snack on the way home. Then, dinner of some kind of pasta dish. Can you see a pattern? What is the common denominator here?

The first thing in your mind that might spring to mind is "sugar!" Well, you'd be right in a sense. But the real monster here is an over-saturation of "carbohydrates" in general. Bread, pasta, chocolate, soda, candies, donuts and countless other snacks and meals. The first of the "macronutrients," and the most over-consumed, but definitely not the most important. Seriously. Keep an eye out for words like sucrose, glucose, sugar, carbs, and those sneaky corporate words used to hide sugar counts. We want this number to stay relatively low. Fast food and junk food industries are booming because they thrive on the addictive properties built into our body's reaction to carbs. They have turned our bodies against themselves and pretend it is our own fault.

So, I would like to introduce you to the most essential concepts of "macronutrients." These are our body's nutritional building blocks on which all our energy and nourishment is centered.

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1-B-3-a - MACRONUTRIENTS

There are three fundamental nutrients that make the majority of our body's energy intake. The nutrients themselves are essentially the most important things to track, because the minute details of each specific one are not super relevant to the beginner. So, here's a lightning round of macro basics. We will dive into these in more depth in later parts of the manual.

The first of them that we're going to cover are carbohydrates. Carbs are, in the sense of our bodies, the nitrous of fuel sources. They burn fast, they burn hot and they give us instant energy. That energy does not last long and leaves a gap behind it that we will more than likely lead our bellies to be hungry faster. In the metaphor of the human body as a car, we need some form of fuel to keep us going. Carbs get the job done, but they're biologically not meant to be our primary source of energy.

When you eat them while you aren't doing much, they get either dumped or converted, anyways! Humans are a predatory animal, and we need something denser for more sustainable energy, so the default is to render unused carbs into fat.

That is our second macro: fat, the black sheep of the family. It gets a bad rap. It has a more complex structure that our body gets more long term use out of. It doesn't burn as hot, but lasts a lot longer than carbs. In fact, carbs that aren't used are actually rearranged chemically and converted to fat for storage and later use. Our bodies are built to run on this, but that doesn't mean the "keto" diet is the only way to go. It is an effective diet, but the layman's keto foods are far from healthy in the actual nourishment department. Not to mention you still need some carbs. Generally speaking, fat is the most reliable source of energy as well as long-lasting, but none are more important than the others.

The last of the macronutrients is protein, our muscle building block. This little fella is a miracle worker when you're sore. When you work out, the pain is caused by your muscles *literally* tearing in micro fractures. Lactic acid then fills in the gaps, which is what causes the soreness. Yes, when you work out, you are quite literally ripping your muscles apart and filling them back in bigger. In simplest terms, protein is what allows the tears in the muscle to be converted back into muscle. That is why it is recommended you get a full, big serving of protein just after an intense workout. Believe it or not, that is the most common method of fighting soreness. You may hear this as "the window" from lifting types. Once you set down your bar or body for the last rep of the last set, you have 30 minutes to intake a boatload of protein (usually 20-30g for normal people, bodybuilders will go for more). That will allow for the most efficient recovery, coupled with some potassium when you get home.

I mean imagine it, most humans back in the long long ago, in the before-fore times were hunters. They didn't have guns, probably didn't have a good grasp on bows yet. They had spears and their own bodies. They would likely have spent days in the fields, tracking. Then, a hard chase of an hour, followed by a kill and noshing. Our bodies are built through evolution to work like this. There may be more effective ways to get your protein absorption rates up, but the simplest way is usually the best. So get some powder in a cup, mix it right after your workout and chug it after you're done. Alternatively, get some peanut butter, get a banana and a spoon. Peanut butter + banana is *delicious* and an absolute sore muscle neutralizer.

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1-B-3-b - CALORIES

While counting calories is not super complicated, there is a bit of trickery to doing it right. This program is not meant to be Atkins, Weight Watchers, Keto, Paleo or whatever, it's meant to simply help you understand a tiny fraction of the way your body uses energy. Everything you eat has a measurement of the energy it provides, and those are Calories (Cal) or Kilocalories (kCal), depending on where you live. We all need energy to survive but overtaking the amount your body needs leads to the excess being stored in long-term storage aka fatty tissue. To understand it, you don't need to get out the scientific calculator and crunch numbers after every workout. All you need is this simple relation:

If calories burned > calories consumed, then weight loss occurs.

Or vice versa:

If calories burned < calories consumed, then weight gain occurs.

If you ask a nutritionist, they will tell you that calorie consumption is infinitely more complex than that, and there are a lot more facets to it that you need to understand to achieve your ideal diet. The thing about that is, we don't need that level of sophistication yet. This is a crash course. Just keep in mind these basics, and you'll be on a good start.

Keep a good food journal. Look up the nutrition facts for each thing you eat. Be as exact as possible. Once you start counting the numbers, you will see exactly why so many people have a hard time dieting. Our food is so cram-packed full of calories that it is practically fit to bust. This is especially bad once you consider the amount of fats, proteins, vitamins, and minerals are absent. There are people who can have three or four thousand calories a day, hundreds of grams of carbs and fat, but somehow less than ten grams of protein.

Food that is awful for us is delicious. Parts of our brain that activate during good sex are almost identical to when you get a bite of your favorite food. That is why counting calories is important for a beginner. You need only refer to our equation to see why. It is easy to overlook something because you like it so much. For me, that's cheesecake. At family get-togethers, they don't even let me near gramma's cheesecake until everyone else has had some. I will tear that bad boy apart. That's why I have to count calories. We're all human, but we can keep ourselves in check.

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1-B-3-c - BASAL METABOLIC RATE

So essentially, the concept is: burn more than you eat and you will always lose weight. That's all well and good, but how do you understand how many calories per day you burn? I'm going to introduce the concept of a Basal Metabolic Rate (BMR), or how many calories you burn per day if you were to lay in bed and do absolutely nothing. This is the number of calories it takes for you to exist for any given day.

A tricky thing to understanding what a BMR represents is getting your head around the fact that all the tissue in your body requires energy to function. Cells need energy because they need to do their jobs. The functions of your body would not be possible without trillions and trillions of those cells doing just that. Some cell's job is to rearrange unused carbs after they are digested and convert them into fatty tissues, which also need energy to maintain. Which then, increases the amount of energy that is now required to maintain equilibrium. More mass leads to a higher energy requirement, which leads to being hungry more often, which causes you to eat more, which perpetuates the cycle. That is why a number for your BMR is useful in understanding the rough estimate of your body's current energy requirement.

To get started, find yourself a good BMR calculator (most fitness apps on smartphones have one included, and there are loads of freeware calculators online) and plug in your numbers. It will need your height, your weight, age, and biological sex. This will calculate your *existence rate* (not a real term, I just think it's funny). But none of us reading this stare at ceilings all day and refuse to move even a single muscle (even blinking consumes calories). So we need to refer to a matrix that should be included with any decent BMR calculator. You will have a range of BMRs based on your level of daily activity. Pick the one that matches you, and boom, there's your approximate BMR adjusted for additional burn. Keep that in mind and remember to eat less calories than you burn based on that adjusted number. That is the simplest way for long-term weight loss, but ironically the most difficult.

Now, if you are inspired to pump up your workout routine to really get ripped (not necessary but some people enjoy it), remember that it's okay to go over your amounts listed. The harder you sweat, the more calories you burn. Never forget that this is not an absolute science for most of us. These are the broad strokes, and I am introducing you to the concepts. If you feel the need to dive further into knowledge, utilize the plethora of resources available on the Internet. There are a multitude of free, offline fitness apps, exercise programs and fitness personalities far more knowledgeable than I am.

PART 1, SECTION C - FIREARMS

Author(s): Chowa, Vidaderojoyverde

Editors(s): gdogabbott

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1-C-1 - SAFETY

Before we even step into the next level of defense, you need to be made aware of the *absolute criticality* of understanding firearms safety. These machines are designed to kill things. They are very good at that. If you neglect safety precautions, it could cost you or someone in your general vicinity *dearly*. Before you ever pick up a firearm, remember the tenets presented in this section.

It is the responsibility of every single shooter to do so. I cannot iterate just how important it is. Anyone who fails to adhere to simple rules of safety should not be allowed to utilize firearms until they correct themselves. There is simply too much on the line for even a single slip-up. This isn't a "Ah, well, I'll tighten up next time!" kind of scenario. If you slip even once, you could end someone's life.

Do not take people away from their families, especially through sheer laziness or negligence. Do not let that sit on your conscience.

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1-C-1-a - SAFETY RULES

Short and sweet, we will lay out the rules for weapons handling. This pertains to every weapon. No ifs, ands, or buts here. These are the four paramount rules to weapons handling:

Rule 1: TREAT EVERY WEAPON AS IF IT WAS LOADED

Loaded or not, bolt racked back or not, establish good habits by acting as if it was loaded and ready to fire. Think of every weapon just a mere slip away from ending a life. Take it seriously.

Rule 2: NEVER POINT A WEAPON AT ANYTHING YOU DO NOT INTEND TO SHOOT

Misfires and accidental discharges happen in rare circumstances. In the event that it happens to you, and it might, make sure you are not going to hurt someone. We call this concept "Muzzle Awareness." Point that barrel to the ground or down range if you are not firing.

Rule 3: KEEP YOUR FINGER STRAIGHT AND OFF THE TRIGGER UNTIL YOU ARE READY TO FIRE

You should not touch the trigger until you are sure it is safe to put rounds down range. If it malfunctions or sticks, it could set off with a single brush of the finger. It's best just not to touch the trigger at all unless you're going to follow through.

Rule 4: KEEP THE WEAPON ON SAFE UNTIL YOU ARE READY TO FIRE

Many weapons you will encounter have a function known as a "safety." This is a mechanism that stops the functions of the weapon, usually by either locking the trigger or hammer in place. Safety should remain on until you are ready to fire at a target. You never know when a piece of gear might snag your trigger and discharge a round. While the safety can fail as well, it is best to layer these things for backups. Not to mention that there are many weapons that do not have one built in *at all*. Make yourself familiar with your weapon's safety if it has one.

Rule 5: KNOW YOUR TARGET AND WHAT LIES BEYOND IT

Bullets do not often stop at the target. They can penetrate many surfaces, to include walls, wood, windows or vehicles. They can also create deadly shrapnel that will spray around the general area. Firing at a wood target with someone behind it is unacceptable, even with a berm between.

I do not care where you are or what you are doing. These safety rules should *never, ever*, be broken. Firearms are deadly pieces of machinery, and we must make sure we do not do any undue damage to anyone or anything.

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1-C-1-b - RANGE SAFETY

For a public range, there is always an additional set of rules running on top of the one you place upon yourself. You must make yourself aware of *all* other shooters on the range as well as their general adherence to safety rules. To set a good example, *always* practice good safety and make your Range Safety Officer aware of anyone who is violating rules and endangering the lives of others.

Here are a few good rules to go by that you can't go wrong with. Make sure to check with your local range to be made aware of any local rules.

Range Rule 1: STAY AWARE OF YOUR MUZZLE

Proceed as you would with Weapons Rule #2, except at *all* times, including when your weapon is on the ground or table and unloaded. Always keep your barrel

aimed down range, or at the ground when that is not possible. Imagine a direct laser line coming from your muzzle. Never touch someone with that laser.

Range Rule 2: KEEP EVERYONE IN CHECK

Even if you have social anxiety, anyone waving their muzzle around the range needs to be stopped. They endanger the lives of everyone near them. Give them a chance to be corrected without intervention.

Range Rule 3: REPORT THE BELLIGERENT

Failing the benefit of the doubt means you need to step it up. Report jackassery to your RSO. If the RSO doesn't do their job, report them to the state. Simple as that. Firearms are not toys and anyone who treats them as such are not fit to use them.

If your range is unsafe, find a new one. Even if you have to drive a little longer for target practice, it is much preferable to being dead.

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1-C-1-c - WEAPONS CONDITIONS

Now that we have a general set of rules to abide by, we must go a step further and make sure of the conditions of the weapons we interact with. This is written with military terminology, but I use a few terms that will be more applicable to general use.

Condition 1, "READY": Safety On, Magazine Inserted, Bolt Forward, Round In Chamber

This is a weapon that is locked, loaded and ready to fire. It should only be in this condition right before you put rounds down range. As soon as you are done, you need to move to a higher condition.

Condition 2, "READY" for Single-Action/Double-Action Weapons: Magazine Inserted, Round In Chamber, Hammer Forward.

For revolvers, it would be rounds inserted into cylinder, cylinder locked into place, hammer forward. Only pull the hammer right before you are ready to fire, if it applies to your weapon.

Condition 3, "CLEAR" - Safety On, Magazine Inserted, Chamber Empty, Bolt Forward

Another semi-deadly condition. Have your weapon in this state as you are on the firing line. As soon as you are done firing, you must go to this condition if you have ammunition left. Once done shooting, move to the next condition.

Condition 4, "EMPTY" - Safety On, Magazine Removed, Chamber Empty, Bolt Forward

When not firing and not on the firing line, remove *all* ammunition from the weapon. Pull the magazine out, clear the chamber and put it on safety.

The first thing you should think about after picking up a weapon is to figure out what condition it is in. For a pistol, pull the slide back just enough to check for brass. Most semi-automatic rifles do the same thing. For a revolver, you will want to pop the cylinder out. For magazine fed weapons, if there is no round visible, then pull the magazine out and inspect it, as well. If it is empty, pull the action all the way back and lock it in place. Once locked, do a visual inspection to ensure that the round in the chamber was ejected.

The worst thing that you can do here is to blindly grab a weapon and sling it or holster it and end up bumping the weapon and setting it off. To prevent this, always clear your weapons after you are done firing and ensure that there are no rounds racked or loaded. The best practice to prevent safety accidents is to empty a weapon when not in use and leave it in plain sight to prevent tampering.

1-C-2 - WEAPON ANATOMY BASICS

There are lots and lots of pieces of terminology you will hear about firearms. A lot of it will sound very foreign to you, until you begin to memorize what the names of certain parts are called and what the general function is. We do not need some high-frill glossary or scientific journal describing terminology. We are going to get you up to speed as quickly as possible.

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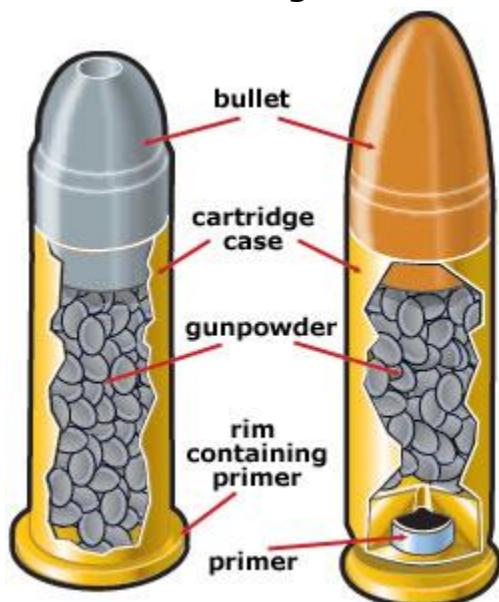
1-C-2-a - AMMUNITION

So let us start with something all firearms have in common: ammunition! We will start with the overall basics, then move toward more complex concepts as we roll forward. These things are really very simple, when it comes down to it. Let's start with cartridges.

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1-C-2-a-1 - PARTS OF CARTRIDGES

Let's get right down to it, starting with what ammunition cartridges are made of. First up, what most people call "bullets" are actually the entire piece of ammunition lumped together. The full piece, from tip to tip, is called a "cartridge." Let's talk about them a little bit.

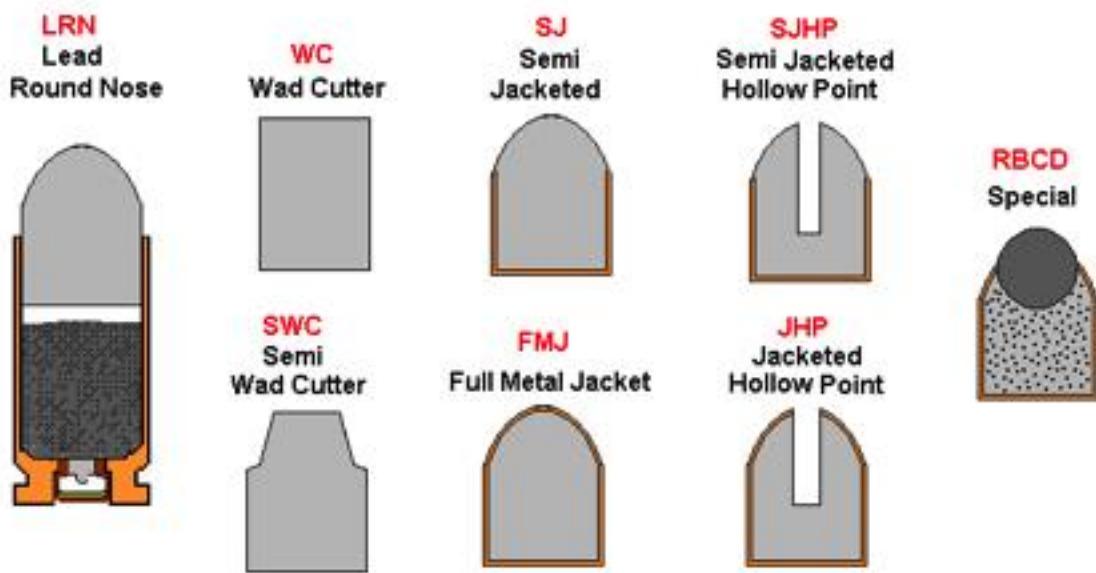
Parts of a Cartridge:

(Appendix B, Figure 1)

- Bullet - The deadly bit. This flies out the end of the barrel to hit whatever you're aiming at.
- Case - Metal can that holds the powder and the bullet.
- Powder - Explosive gunpowder whose pressure pushes the bullet out of the barrel.
- Primer - The spark that ignites the powder. Set off by a pin or hammer striking it.

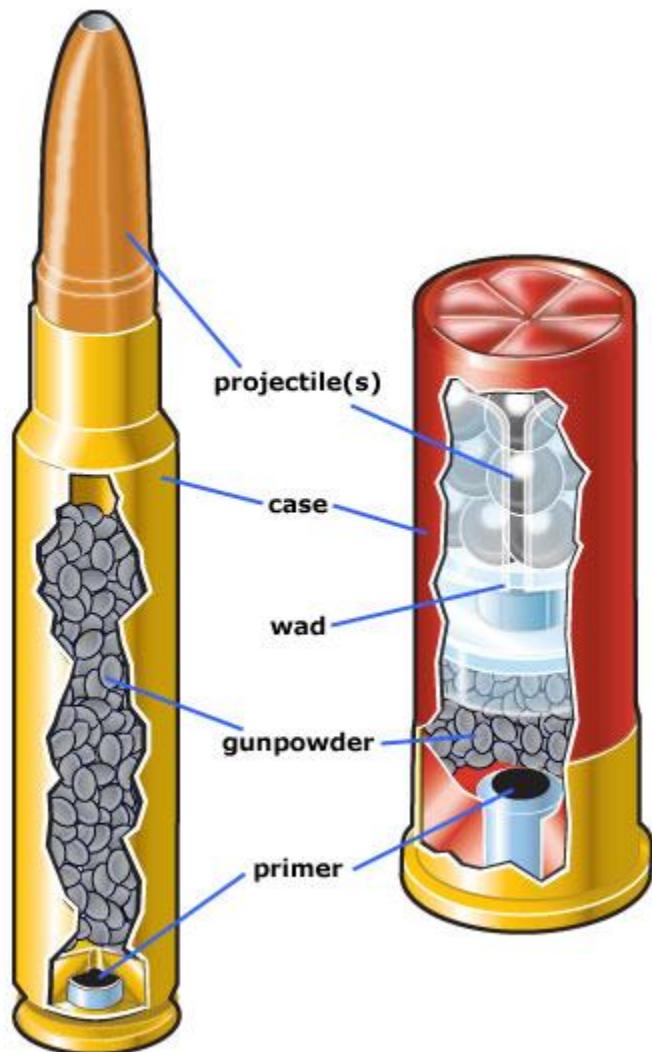
Let's dig into each part a little more. You will hear a lot of terminology for each one.

Types of Bullets



(Appendix B, Figure 2)

- Full Metal Jacket (aka FMJ or "ball ammo") - Bullet made of soft material like lead, wrapped with a hard metal jacket that allows for a higher bullet speed. Most modern rifle bullets are jacketed in this fashion.
- Hollow Point - Partially jacketed or unjacketed bullet with a 'hollow point' at the end. Usually more accurate than FMJ and is generally preferred for self-defense. Upon impact with flesh, the bullet will flatten out and fragment, which usually prevents it from exiting the body.

Types of Casings:

(Appendix B, Figure 3)

- Metal – (left) Metal casing used in handguns and rifles. Can be steel, brass, aluminum or pretty much any hard metal.
- Shotshell – (right) Plastic or sometimes paper shell used primarily with shotguns.

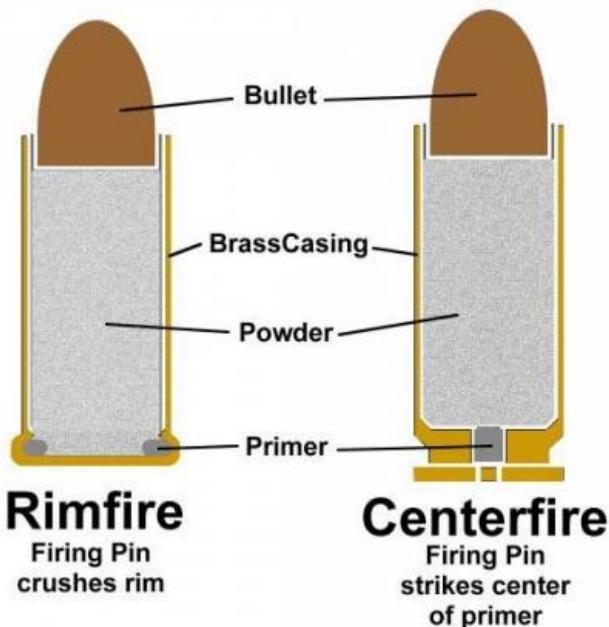
Types of Powder:



(Appendix B, Figure 4 + 5)

Black Powder - Old school powder, mostly used with muzzle-loaders in the modern era. Makes a huge cloud of smoke.

Smokeless Powder - New school stuff, burns hotter and has a higher-pressure output. Most cartridges use this.

Types of Primer:

(Appendix B, Figure 6)

Rimfire - Most seen with 22LR ammunition, ignited by striking the rim of the cartridge.

Centerfire - Most ammunition uses this, indicated by the presence of a circular cutout in the bottom of the casing. Ignited by striking with a firing pin.

Now we know the pieces, let's touch on a tiny bit more specificity before we move on.

1-C-2-a-2 - AMMUNITION MEASUREMENTS

You will see lots and lots of different size measurements of various international standards when it comes to describing the ammunition. It can be measured in inches (in) or millimeters (mm). These numbers can describe both the size of the bullet, as well as the size of the casing.

Size Descriptors

1.23 x 45 - This measurement you will see quite often when weapons have to use a special kind of ammunition designed for it, or if there are multiple variations of a specific bullet caliber. "1.23" describes the bullet diameter or caliber, and "45" measures the case size. This is usually done in millimeters. Popular examples include 7.62x39, 7.62x54R (the 'R' designates it as a 'rimmed' cartridge), and 5.56x45.

Caliber - In the most general of terms, this is a simple measurement of ammunition based on its bullet size. Examples include 9mm, 10mm, .380, .22LR, etc. This works well when weapons are designed for identical, common types of ammunition. A hunting bolt action rifle and an assault rifle can be chambered for the exact same ammunition despite having very different intended uses. The specifics of this we can get into later.

1-C-2-b - SHORT FIREARMS ANATOMY

Just like with ammunition, there are an insane number of variations on all types of firearms. The best way for us to break this down is to simplify the types into broader categories and describe the individual types within those categories. First up on the block is 'short firearms.' Typically, we can think of these in terms of either a short barrel length or the lack of a shoulder stock. These are also referred to as "handguns" for the most part, though there are some rifles that have been modified to operate in much the same way. Most beginners do not need to know the specificities right away. That is why we first boil it down to firearm size rather than technical function.

Types of Short Firearms:

Pistol - Pistol is a handgun that has its chamber integrated with the barrel.

Revolver - A handgun with revolving chambers enabling several shots to be fired without reloading.

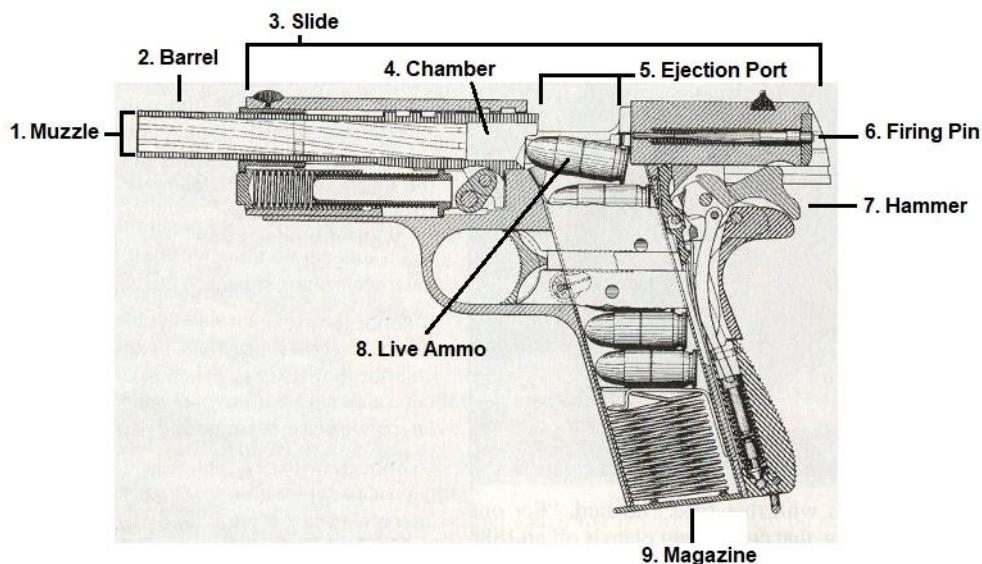
Sub-Machine Gun - A portable automatic firearm that uses pistol-type ammunition and is fired from the shoulder or hip.

Modified Rifle - A firearm that was originally intended for use as a rifle, but has been modified to operate like a handgun. This most often takes place by replacing the long barrel with a shorter one and the stock with a pistol grip. (AR-pistol, AK-pistol, etc.)

Modified Shotgun - A firearm that was originally intended for use as a rifle, but has been modified to operate like a handgun. The most common example of this is the sawed-off shotgun, with its short barrel and pistol grip instead of a stock.

For the following sections, make sure to refer to the images included for each one. We will discuss in short what each piece does, from the end of the barrel to the grip.

1-C-2-b-1 - GENERAL FIREARM TERMINOLOGY



(Appendix B, Figure 7)

There will be a few terms that you read below that you may not recognize right away. Here is a general few things to remember about the mechanisms most firearms share.

1. Muzzle - End of the barrel, where the bullet exits. When we talk about *muzzle awareness*, this is the piece we are referring to.
2. Barrel - Cylindrical tube of metal with spiraled grooves, called *rifling*, which causes the bullet to spin for better accuracy and stability at range. The interior of this is called the *bore*. If a firearm does not have rifling, it is called *smooth-bore*.
3. Slide – The upper part of the pistol, which *slides* back with the recoil of the firearm.
4. Chamber or Breech - Cavity at the front of a barrel where a cartridge is staged for firing.
5. Ejection Port - Port from which an expended shell casing is ejected.
6. Firing Pin - Small pin that is designed to impart shock force onto the surface of the primer which will ignite it.
7. Hammer - Strikes the firing pin, delivering enough force to detonate the primer.
8. Live Ammo – Ammo that is loaded, primed, and ready to fire. In this figure, ammo is being fed into the chamber from the magazine.
9. Magazine - Spring-loaded device that feeds ammunition into the chamber of a weapon and works in tandem with the slide or bolt. Can be built into the weapon (internal) or inserted into a port (detachable).

(Not Pictured)

10. Bolt - A mechanism present in many firearm designs that contains the firing pin and moves forward and back to load and unload ammo from the magazine to the chamber.
11. Clip - A piece of metal used to hold ammo such that it can be quickly loaded into an internal magazine.

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1-C-2-b-2 - ANATOMY OF A PISTOL

(Appendix B, Figure 8)

Definition: A type of handgun whose chamber is integrated into the barrel of the firearm.

1. Front Sight - the focal point of our firearm's aim, paired with the rear sight.
2. Muzzle - the end of your barrel, where the bullet exits.
3. Slide - mechanism that gets blown back by firearm recoil and ejects an empty shell casing.
4. Barrel - Tube that the bullet travels down. Built with spiraled engraving to create spin on the bullet, which increases accuracy.
5. Slide Stop - When depressed, will lock the slide in place. Can be used for inspection or cleaning purposes in a pinch but is usually activated upon an empty magazine.
6. Rear Sight - The base of our aiming system, paired with front sight.
7. Hammer - Spring-loaded mechanism that strikes the primer.
8. Safety – A button or lever that when toggled prevents actuation of the trigger. While not all pistols have this, it is imperative to find on your pistol and utilize it.

9. Disassembly Lever - When depressed, will allow the slide to be pulled free from the grip.
10. Trigger - Activates the hammer to ignite the primer.
11. Trigger guard - Metal ring looped around the trigger mechanism to protect from accidental discharge. Also for resting your finger against to show you really know your stuff. Gun nuts love their trigger discipline, smart ones anyway.
12. Magazine Release - When depressed, it will allow the magazine to be removed from the magazine well.
13. Grip - Sometimes called the "receiver," this is the lower portion of the firearm where the trigger assembly is housed.
14. Magazine - A nice little metal binder to keep all your cartridges in line to be fed up to the slide and shot.

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1-C-2-b-3 - ANATOMY OF A REVOLVER



(Appendix B, Figure 9)

1. Front Sight - the focal point of our firearm's aim, paired with the rear sight.
2. Muzzle - the end of your barrel, where the bullet exits.
3. Barrel - Tube that the bullet flies out of.
4. Cylinder - A "magazine" of a primitive nature, a little merry-go-round of death.
5. Rear sight - (copy and paste from above)
6. Hammer - Spring-loaded mechanism that strike the primer.
7. Frame - Metal housing that doubles as both the grip and the base for the rest of the pieces. Contains trigger & hammer mechanisms tucked neatly away inside.
8. Trigger - Activates the hammer to strike the primer.
9. Trigger guard - Metal ring looped around the trigger mechanism to protect from accidental discharge.
10. Grip - On a revolver, this is usually only an extension of the frame used for holding. The trigger mechanism is housed in the frame.

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1-C-2-b-4 - ANATOMY OF A SUB-MACHINE GUN (SMG)



(Appendix B, Figure 10)

1. Muzzle - the end of your barrel, where the bullet exits.
2. Barrel - Tube that the bullet flies out of.
3. Front Sight - the focal point of our firearm's aim, paired with the rear sight.
4. Receiver - Main frame of the firearm, which 'receives' ammunition from the magazine to feed into the chamber.
5. Rear sight - (copy and paste from above)
6. Folding Stock - Collapsible shoulder support to aid in more accurate fire.
7. Trigger - Releases the spring-loaded bolt, which drives the firing pin to ignite the primer.
8. Trigger guard - Metal ring looped around the trigger mechanism to protect from accidental discharge.
9. Safety - Most firearms of this kind or bigger have a built-in safety switch that holds the trigger or bolt in place. Make sure to find and use it.
9. Pistol Grip - One of the defining characteristics of both assault firearms and SMGs. A pistol-style grip extruding from the bottom of the receiver.

Modified Firearms

Some people want to combine the usefulness of a smaller firearm with the firing power of a larger firearm. They do this by essentially chopping off the longer, bulkier pieces of the long firearms in order to do this. This is illegal pretty much all over the country, but you may run into it every once in a while. We're talking sawed-off shotguns, AR-15 pistols, AK-47 pistols and all sorts of other firearm heathenism.

1-C-2-c - LONG FIREARMS ANATOMY

Long firearms is probably the broadest of the terms you will see here, but with few relative categories within. They are the most common form of firearm worldwide, especially considering that most places outside of the US will only allow shotguns or small-caliber rifles for hunting. In the US, these things are prolific. In rural areas we are introduced to these things as kids, taught how to use them and appreciate them. If you think about it, it is a wild thing to be handed a loaded rifle at the ripe age of eight and be allowed to put rounds down range no questions asked. They make cartoonishly small rifles for little kids to shoot here. Say what you will about it, that's just how it is here.

A couple of identifying things about long firearms is that they are just that; long. They have long barrels and stocks in most cases. They can shoot more accurately due to the longer barrel, and they are more commonly associated with higher calibers. Most of them are shoulder mounted, meaning the stock of the firearm is placed against the shoulder. They come in a wide variety of styles and intended uses, but they are limited to strictly two formats: rifles and shotguns.

A rifle's job, for the most part, is to shoot accurately at a greater distance consistently. They can be bolt action, semi-automatic or even automatic. The identifying factor here is that for the most part, they don't have a pistol grip and they have a longer, skinnier barrel.

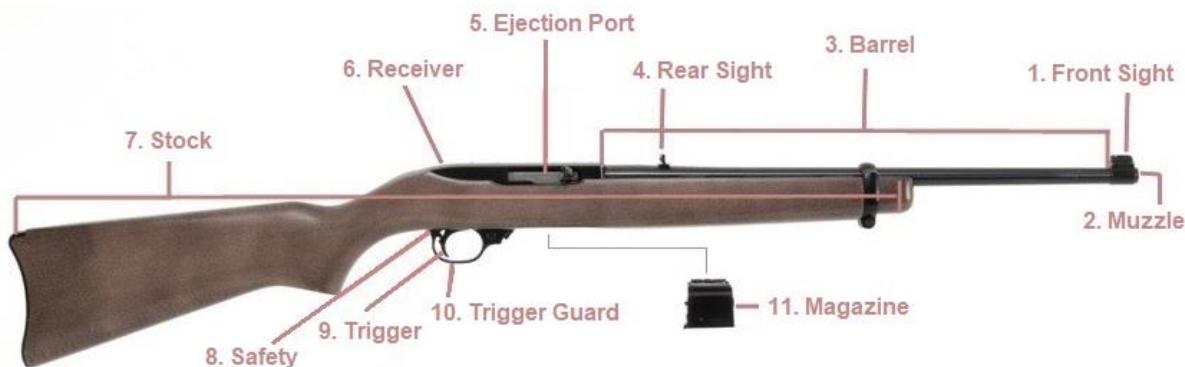
For shotguns, we think of the phrase "spray and pray." The majority of these are smooth-bored firearms that spray dozens of pellets instead of a single projectile. The size of the spray is dependent on the muzzle, the size of the pellets, and the shell. These are great for all things short-range; hunting or home defense. There are shotguns in the style of rifles that are built to fire extremely large slugs (shotgun bullets) in the same fashion. Those are called *slug guns*.

Types of Long Firearms:

Rifle: A shoulder-mounted firearm with a long, rifled barrel intended for accurate shooting.

Shotgun: A shoulder-mounted firearm with a long, usually smooth-bored barrel. Shoots plastic 'shotshell' cartridges, loaded with either small BB-like pellets, or with a very large single bullet called a 'slug.'

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1-C-2-c-1 - ANATOMY OF A RIFLE

(Appendix B, Figure 11)

1. Front Sight - the focal point of our firearm's aim, paired with the rear sight.
2. Muzzle - the end of your barrel, where the bullet exits.
3. Barrel - Tube that the bullet travels down. Built with spiraled engraving to create spin on the bullet, which increases accuracy.
4. Rear Sight - The base of our aiming system, paired with front sight.
5. Ejection Port - Port from which an expended shell casing is ejected.
6. Receiver - Main frame of the firearm, which 'receives' ammunition from the magazine to feed into the chamber.
7. Stock - aka 'buttstock,' 'butt,' 'shoulder stock.' Overall structure of the firearm, meant to be braced against the shoulder to support accurate aiming.
8. Safety - Most firearms of this kind or bigger have a built-in safety switch that holds the trigger or bolt in place. Make sure to find and use it.
9. Trigger - Activates the hammer or bolt, which strikes the primer.
10. Trigger Guard - Protects from accidental discharges.
11. Magazine - Most rifles have this, but not all are external and detachable.
Sometimes they are built directly into the stock.

1-C-2-c-2 - ANATOMY OF A SHOTGUN



(Appendix B, Figure 12)

1. Bead Sight - A single bead serving as the front sight, usually seen on smooth-bore shotguns, not rifled slug guns.
2. Muzzle - the end of your barrel, where the projectile(s) exit(s).
3. Rib - Hot barrels can create heat waves that mess up your sight picture. The rib is a single raised rail above the barrel, used to make sure the heat waves don't mess up your shot.
4. Barrel - Tube that the bullet travels down. In the case of Built with spiraled engraving to create spin on the bullet, which increases accuracy.
5. Forearm, the "pump" - Serves two purposes in a pump shotgun: holds the magazine inside a tube at the center, and 'pumps' to push a new cartridge into the chamber.
6. Chamber - Cavity at the front of a barrel where a cartridge is staged for firing.
7. Magazine Loading Port - A spring-loaded flap that you can feed new shells into the tube magazine.
8. Loading Port - Also the ejection port, you can feed new shells directly into the chamber if you want.
9. Action Release - Unlocks the forearm so you can push it forward to lock the chamber closed.
10. Grip - Hold the shotgun here.
11. Safety - Locks the trigger, and in some cases the forearm, in place.
12. Trigger - Activates the hammer or bolt, which strikes the primer.
13. Trigger Guard - Protects from accidental discharges.
14. Stock - Overall structure of the firearm, meant to be braced against the shoulder to support accurate aiming.

15. Butt – The very end of the stock that rests against your shoulder. Sometimes equipped with rubber pads at the end of the stock to help absorb the shock of the recoil.

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1-C-2-d - ASSAULT FIREARMS ANATOMY

Assault firearms: a category of firearm we have heard so much rhetoric regarding, yet little actual information regarding. So many people have so much to say about them, but like to coat it in scary words like "high-capacity magazine" or "fully automatic" or "killing machine" or some such.

The truth of the matter is simple. These firearms were designed to kill. These firearms are a class of machines built for warfare. They are designed to work with magazines, in a variety of firing modes, for the express purpose of increasing the output of firepower and battlefield presence for fielding armies.

We won't discuss much politics here, with the point of this section to be to introduce you to this information. It doesn't matter what people think about them, you need to know the facts. Here are some characteristics of assault firearms according to US legislation:

Common Characteristics of an Assault Firearm:

- Semi-automatic, with detachable magazine.
- Folding/telescopic stock.
- Pistol grip beneath the action.
- Bayonet lug, for affixing bayonets under the muzzle.
- Threaded barrel for suppressors, compensators or other forms of muzzle attachments.
- The ability to add under-barrel attachments such as a breaching gun or grenade launcher.
- Presence of a barrel shroud, to prevent direct contact with a hot barrel after extended or rapid firing.

This category of weapon includes models from each of the other categories, as well as some bigger firearms we will discuss later. If you go by this list of attributes, there are assault rifles (like the AK-47), assault shotguns (like the AA12), and assault handguns (also known as machine pistols). Keep that in mind as you move forward in your learning.

Here are some anatomical terms for three of the most common assault firearms:

1-C-2-d-1 - ANATOMY OF AN AK-47

The golden standard, which has been around since 1947 and is the most commonly used assault rifle the whole world over. Of course we were going to cover this one.



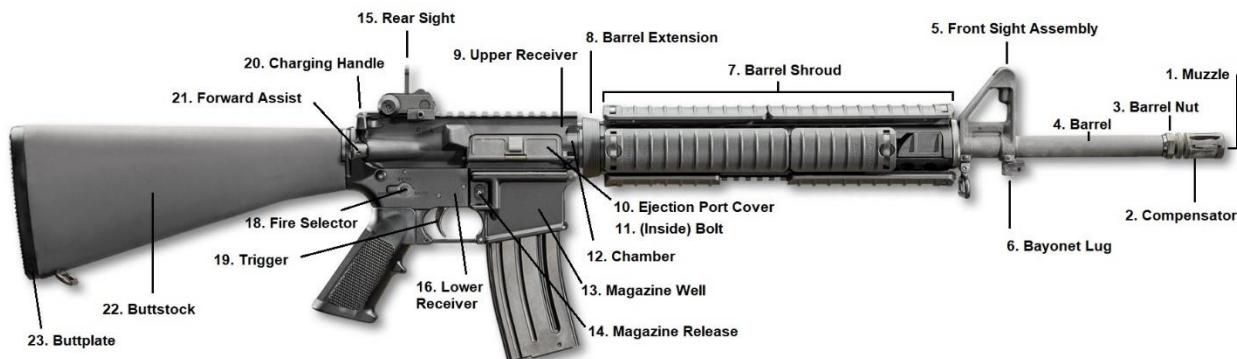
(Appendix B, Figure 11)

1. Muzzle - The end of your barrel, where the bullet exits.
2. Front Sight - Focal point of our aiming system.
3. Muzzle Brake - A device that shapes the pressure blast exiting the barrel to assist in recoil compensation.
4. Barrel - Tube that the bullet travels down. Built with spiraled engraving to create spin on the bullet, which increases accuracy.
5. Cleaning Rod - A rod built into a housing beneath the barrel that can be unscrewed and used in cleaning the barrel of the firearm.
6. Gas Block - Point where the gas generated by the explosion leaves the barrel into the gas chamber.
7. Gas Chamber - Mechanism that uses the pressure created by the explosion to push the bolt back to chamber a new round.
8. Front Stock / Forearm - Allows you to grip the firearm without touching the hot barrel or receiver.
9. Sight Block - Block attached to the receiver that has the rear sight mounted on it.
10. Rear sight - Base of our aiming system.
11. Receiver - "Receives" ammunition from the magazine to feed into the chamber.

12. Bolt - Multi-purpose device; receives gas pressure from gas chamber, slides in the receiver, holds the firing pin, ejects expended shells, feeds new ones into the chamber.
13. Magazine Catch - A latch that is designed to work with AK47 magazines, has a clip that secures the magazine in place.
14. Fire Selector - The "safety" of this firearm in civilian models; on military models it also selects the firing mode between semi-automatic and automatic.
15. Dust Cover - Covers the recoil spring, which is what pushes the bolt forward. This is what makes it semi-automatic/automatic.
16. Recoil Spring Button - Secures the dust cover to the recoil spring assembly. If you press this, you can remove the dust cover for disassembly.
17. Pistol Grip - Grip it. Like a pistol.
18. Trigger - Pull to make boom.
19. Buttstock - The part that mounts to the shoulder. Usually wooden, but some models have a metal folding stock, some collapsible.

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1-C-2-d-2 - ANATOMY OF M16A4 & MILITARY REPLICA VARIANTS



(Appendix B, Figure 12)

Note: While this is a military firearm, you will see civilian models specifically designed to emulate the military style, minus the 'three round burst' firing mode.

1. Muzzle - Bullet exits here.
2. Compensator - Much like a muzzle brake, except designed to allow gas to exit in a "star" pattern, which more evenly distributes the force.
3. Barrel Nut - A removable nut which is screwed into the barrel and is used to mount the compensator.
4. Barrel - Bullet travels down this. Rifled to create spin, which increases bullet accuracy.
5. Front Sight Assembly - Houses the front sight, the sling loop, and the bayonet lug.
6. Bayonet Lug - Pivot point where the base of a bayonet is secured. Front end of bayonet fastens to underside of compensator.
7. Barrel Shroud - Metal sheath that prevents contact with the hot barrel. Fitted with "picatinny" rails for attachments and hand guards.
8. Barrel Extension - Spring-loaded mechanism that secures barrel shroud.
9. Upper Receiver - Upper part of the "receiver", where the bolt, chamber, ejection port and charging handle are housed.
10. Ejection Port Cover - Covers the ejection port. Will pop open upon firing or in any case where the bolt moves.
11. Bolt - (just beneath the ejection port cover) Holds the firing pin, moves back with recoil, ejects and inserts new rounds, locks against chamber.
12. Chamber - Where rounds are fed and staged for firing.
13. Magazine Well - Insert magazine here, with the curved end toward the muzzle.
14. Magazine Release - Pressing this button will allow a magazine to be removed.
15. Rear Sight - Focal point of aiming system. Big ring is for close range targets, little ring is for long range targets.

16. Lower Receiver - Lower part of the receiver; houses the trigger assembly and hammer, also receives the ammunition from the magazine.
17. Bolt Catch - (on reverse side) a small latch that will hold the bolt in the rearward position, either manually or when the magazine is empty.
18. Fire Selector - On military models, is a device that allows the firearm to function in either the semi-automatic or three-round-burst firing modes. Civilian models just have 'fire' and 'safe.'
19. Trigger - Pull to make it go boom.
20. Charging Handle - 'T' shaped handle just on the upper rear of the upper receiver. Pull this back to pull the bolt back.
21. Forward Assist - A device that ensures the bolt is pushed all the way against the chamber. Helps prevent malfunctions.
22. Buttstock - Put this against your shoulder.
23. Buttplate - On this model, this has a compartment for your cleaning kit. Or your sour candies, if you've got a long march ahead of you and you don't want to share snacks.

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1-C-2-d-3 - ANATOMY OF THE M4A1, AR-15

Terminology is nearly identical to M16A4, only differences are highlighted here



(Appendix B, Figure 13)

Nearly identical to M16 except:

1. Shorter barrel than M16
2. Collapsible Stock

Note: M4A1 is a military variant, and is one of the few infantry firearms fielded that have a fully-automatic selection on the selector switch. While almost identical to M4A1s, AR-15s are civilian firearms and will obviously not have fully automatic capabilities.

1-C-3 - POSITIVE MENTAL ATTITUDE

Firing a weapon accurately and effectively is an art form when it is done right. There are a lot of moving parts, and lots of variables that can affect your ability to fire on target. Ultimately, the most important thing to consider is your state of mind, especially as a new shooter. After all, if you're nervous, you may have a hard time keeping your hands from shaking as you expect the recoil. It is nerve-wracking for a lot of new shooters as they get ready to put some rounds down range for the first time. For new shooters, it is almost always their *attitude* about their shooting performance that dictates whether or not they will be able to improve. Angry, frustrated people are not great marksmen for the most part.

In this section we are going to cover the concept of "Positive Mental Attitude" for firearms usage. This will help you shape your expectations in order to allow you to grow past your barriers.

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1-C-3-a - WHAT IS PMA?

Positive Mental Attitude (PMA) is, in a word, optimism! Every time you even cross a single toe into the rifle range, make sure you bring it with you. Like I said before, this is an art. In all actuality, it is more like a science. We are playing with deadly physics here, after all. Nevertheless, it is okay to miss the bull's-eye when you fire, and you need to remember that before you even take your first shot. Think of it like a single experiment out of a series of research on how to shoot better.

Like science, learning to shoot is a lengthy, studious process. We try things, we fail, and we learn from it. The best thing to do for yourself when you begin to use firearms is to remember that you will not be a sharpshooter on your first try. You will not be sniping the wings off a fly at 100 meters. Not even close. You should be happy to put holes in paper consistently. What we should expect from ourselves when starting anything (especially something as variable as shooting) is the ability to overcome crippling perfectionism. Take that feeling in your gut that tells you to give up if you fail the first time and lock it away in the world's biggest, sturdiest safe. Then chuck it into the ocean. You don't need it.

PMA is an acronym for you to remember when your results are not exactly what you expected them to be. It is a simple frame of mind that will keep you on the right path for growth. It might sound like an unnecessary piece of advice, but you might be surprised by how many "bad" shooters are really just taught wrong in the beginning and have since then have always been expecting themselves to fail. More often than not, your fear will be self-propagating. PMA will help you remember that

most things, marksmanship included, are not polar entities. Your notions of "I am just not good at this!" or "I will never get better at this!" just don't belong here. You will create the result that you are *expecting* to create. Come into this expecting growth, and you will attain it. Come into this feeling like you will always fail, and you will. Expect good things from yourself when you begin this journey, really believe in the concept of growth, and you will have it. Don't forget it!

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1-C-3-b - HOW TO DEVELOP PMA

Let's go over a few exercises for you to consider with your journey to growing into this mindset that you find yourself working toward. This is a practice that I want to drill into your head mostly for marksmanship, but it is good for your life, in general. These are three simple exercises you can use to encourage a growth mindset in yourself.

Exercise 1 - Reward yourself when you meet a goal.

Humans are creatures whose behaviors are predicated on chemical reactions in our brains. These chemical reactions are based on external stimuli. When good things happen to you, you receive a hit of 'reward' signals in your brain. These feel-good chemicals make you feel happy and euphoric. That is where the secret lies.

Want to know a shortcut to encourage yourself to improve as a force of habit? Make your brain give you a shot of dopamine for doing it. Set up an easily attainable target for any of your specific areas of weakness. Say, for instance, that you are lacking in marksmanship on targets over 100 yards. Take your current performance (we will go over on how to track this a little later) and mark it down. Give yourself two sessions at the range to beat that number. If you beat it, buy yourself a treat! Splurge on an ice cream or one of your favorite snacks.

Trust me, it sounds silly, but it is a good incentive, especially if you couple that with the hunger pangs that come with losing weight. But this doesn't have to be a food-related thing; maybe let yourself have a day off of exercise if you meet a range goal! There are lots of ways to reward yourself. Don't be afraid to get creative and shake things up.

Exercise 2 - Give yourself a reason to want success.

This is the nice way of saying "Punish poor performance." No, I'm not saying you need to get a whip and hit yourself with it. The idea here is to amplify the

possibility of reward by giving it a contrast to make you really want to succeed. Let's pair up this exercise with the first one. Say you want to improve your marksmanship by 10% in the next two sessions. If you do it, reward yourself by not having to exercise that evening. If you fail, however, not only do you have to do your daily workout, but now you have to do an extra set of every exercise! Or if you're feeling really mean toward yourself, get yourself a really nice snack and give it to someone else instead.

Exercise 3 - Examine difficulties as lessons instead of barriers.

When you run into a difficulty, or a failure, don't look at it as something that has hurt you. Sit down for a few minutes, analyze the failure or difficulty, and consider the lesson you will learn from it. A missed shot, if analyzed properly, can tell you how to prevent it in the future. A missed goal can help you set more realistic targets for growth. Instead of facing everything that slows your journey down this road with frustration and rage, take some time to look around the scenery. Routinely look at how far you have come and remember the difficulties you faced in the past. Analyze them and then the personal growths that you have made as a result. Not everything needs to be negative. Remember to remain optimistic, as optimism is what separates us from the doomsayers.

* - * - *

Conclusion

Again, this is mostly something I want you to think of while you're on the range and need some ways to keep your hunger for growth. There are many situations where framing things in this manner will help you, and if you find use of it outside of learning to shoot, great! Like was stated in the introduction of this manual, this is a metaphorical toolbox that will hopefully leave you with a few things to have on hand should you need them.

1-C-4 – Visual Training Guide

Author(s): Vidaderojoyverde

Editor(s): Chowa

This wonderfully constructed visual guide for absolute beginners was crafted by Reddit user /u/vidaderojoyverde and edited for our use, with permission. It may be good to have on hand, should you need a quick reference guide on all things firearms! We thought we would include it in addition to the works we wrote out long-form. Enjoy!

* - * - *

A LEFTIST'S INTRO TO FIREARMS

PREFACE

**Before you start with this guide
please understand these
three points.**

1 - SAFETY, ALWAYS

No matter what you are doing with a firearm there is inherent danger. Heed **ALL** safety precautions. **ALWAYS** keep your activities safe to the point of ridiculous. Be overly responsible!

2 - TRAINING

The best way to become proficient and confident with a firearm is through practice and training. Courses, dry fire, goal-oriented range trips... everything adds up. Just reading about firearms or owning firearms does not grant any skill.

3- THIS GUIDE IS ONLY INFORMATIONAL

This guide is intended for a new firearm owner to familiarize themselves with basic concepts and terms. Please have a qualified expert's help before you attempt your first live fire practice.

MEMORIZE THE SAFETY RULES

Avoid unintentional injury or death. Like any tool there is inherent danger to firearm usage - you MUST be overly cautious to the point of ridiculous.

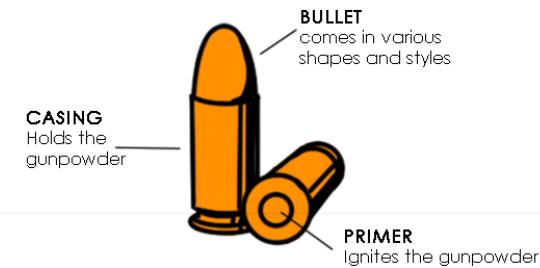
1. **ALWAYS** assume a firearm is **loaded**
2. **NEVER** point your firearm at anything you are not wanting to **destroy**
3. **KEEP YOUR FINGER OFF THE TRIGGER** until YOUR SIGHTS ARE ON TARGET
4. **KNOW YOUR TARGET**, and what is **BEHIND IT**.



ANATOMY OF A FIREARM

AMMUNITION

(ammo, round, bullet)



COMMON FIREARM "ACTIONS"

-BOLT ACTION

Manually cycle each round in/out of via a handle attached to a firearm's bolt

-LEVER ACTION

Manually cycle each round in/out of via a lever

-PUMP ACTION

Manually cycle each round in/out of via a pump

-REVOLVER

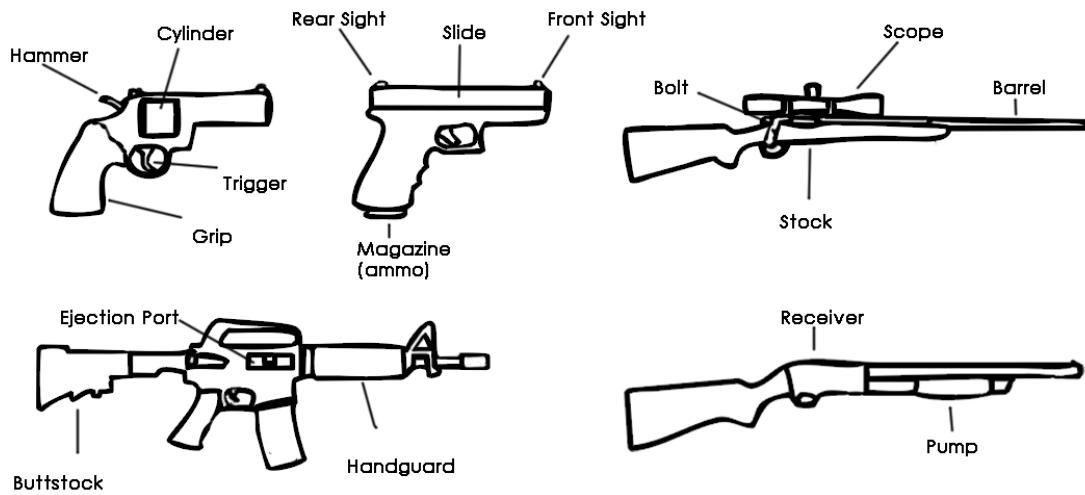
Rounds sit in a cylinder that cycle each time you pull the trigger

-SEMI AUTOMATIC

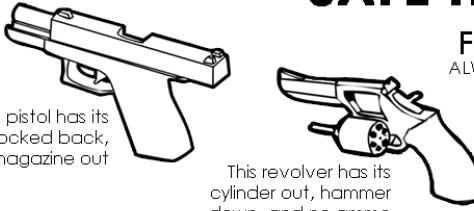
A round automatically cycles in/out of the firearm each time you pull the trigger.

EXAMPLES

Firearms have a huge variety of uses, so design/function varies.
Hunting, Self Defense, Sport, Collectables, etc...



SAFE HANDLING AND DRY FIRE



FOUR STEPS TO MAKING A FIREARM SAFE
ALWAYS unload the firearm and confirm it is unable to fire before handling

- 1) Magazine out / Ammo out
- 2) Bolt Back or action open, making sure any live cartridge is removed.
- 3) Safety On if applicable
- 4) Visually confirm chamber is clear.

FAMILIARIZE YOURSELF WITH YOUR FIREARM

Learn how to operate your firearm well before heading to a firing range! Firearms will come with a manual, and many manuals are available online. Always read about your firearm, as all firearms are different, some vastly so. Learn how to take your firearm apart, and put it together in case there is an issue later. Learn how to operate the loading and firing of that firearm (do not use live ammo). Practice aiming in a safe direction. Practice operating the trigger if your firearm is OK to fire without ammo (dry fire).



MAINTAINING A FIREARM

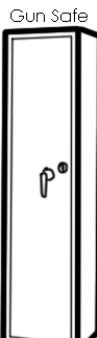
SECURE YOUR FIREARM
you are responsible for your firearm and how it is used. Do not become a negative statistic!

LOCK UP YOUR FIREARM!

- Gun safes are an excellent way to keep your firearm safe, and organized! In some states it is a law.
- Strong lockboxes can be an option
- You can also purchase trigger locks and cable locks to that prevent the firearms operation.



DO NOT STORE FIREARMS IN A VEHICLE!




KEEP YOUR FIREARM CLEAN
Like any tool a firearm will become dirty and dry with time. Learn how to clean your firearm! A brand new firearm will often need to be cleaned of a protective grease prior to shooting.

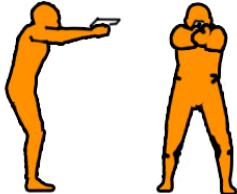
- Make sure firearm is clear, and disassemble it.
- Clean the barrel, chamber, magazines, and action with a firearm specific cleaner and cloth.
- Lightly lubricate the firearm with a firearm specific lubricant, paying close attention to any moving parts.
- Re-assemble and test function of firearm to make sure it is lubricated and assembled properly.

PART 2

HANDGUN STANCE

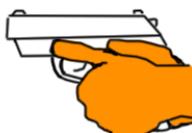
There are a variety of ways to hold a firearm. As a beginner it is important to always stick to basics/simple methods that will give you confidence in shooting.

ISOSCELES STANCE



Both arms are nearly straight forming a triangle with the head. Legs are slightly bent, and slight forward lean. Turning left/right for multiple targets is easier, and presents more of a protective vest to opponent.

PISTOL GRIP



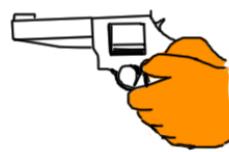
hold the shooting hand high up on the grip. Place your thumb forward. Wrap your second hand over the first, with your thumb forward. This reduces recoil and makes for easier aiming

WEAVER STANCE



Shooting arm is nearly straight while support arm is bent straight down. Legs have slight bend. Mimics a bladed "boxing stance", and rifle stance. Uses tension to reduce recoil. Smaller target to opponent

REVOLVER GRIP



Thumbs are tucked when shooting a revolver. The exposed cylinder can cause burn to your thumbs!

ATHLETIC STANCE



Have shoulders square forward. Stand with your feet shoulder-width apart. Trigger side hand will be about six inches behind lead foot. Place the butt stock of the rifle near the centerline of the body and high up on the chest. Keep your elbows down. Extend your head and place your cheek on the butt stock. Lead hand holds in a "C". Recoil is reduced and you are able to easily move forward and back.

LONG GUN STANCE

Just as in handguns, there are a variety of ways to hold a rifle as well. The "Athletic" stance is most common and recommended, but you might find value in other methods for other applications.

"Traditional" Stance



The old school way most people learn to shoot. Very comfortable and easy to hold for a long period of time. Minimizes body facing an opponent

OLYMPIC STANCE



Focusing on creating a very still position/tabled that is augmented by equipment

EYE DOMINANCE

Knowing which eye to use to line up your sights is key to good accuracy and technique. Generally you keep both eyes open with one eye "centering" the firearm.



A right hand/right eye shooter using correct eye.



A right hand/right eye shooter using incorrect eye.

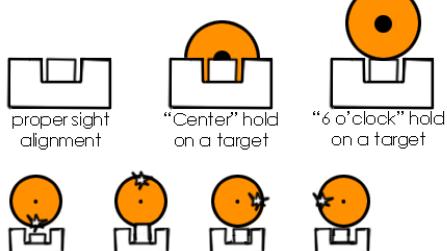


A great trick to figure out if you're right or left eye dominant: put up a target or a piece of tape on the wall, and step back a few feet. Put your arms at full extension and form a triangle with your hands, and line up the "target." Now, close one. Close the other. One eye will be centered (your dominant eye) while the other will be off center.

AIMING

ALIGNMENT AND AIMING

With Iron Sights, you **line up the rear sight with the lead sight with the target**. Some pistols hold below the target, some sit center, and some are adjustable.



Improper alignment by even a fraction results in dramatically changing where a shot lands. The longer the distance between the front and rear sight, the easier it is to properly align.

SIX STEPS TO ACCURACY

-SIGHT PICTURE

The alignment from the rear sight to the front sight to the target should be where you want it.

-RESPIRATORY PAUSE

Movement changes where the shot lands! Try to shoot when body is relaxed and not full of air.

-FOCUS

The front sight should be in **focus**, the target should be blurry. This keeps you focused you on the alignment.

-SQUEEZE TRIGGER

Resist the urge to "slap" the trigger in and out. This moves the firearm DRAMATICALLY. Always smoothly pull in and slowly release until you feel the trigger reset.

-CALL THE SHOT

Focus on your sights while shooting! Know exactly what your sight picture was at the moment the gun fires. This increases your focus on the target and avoids distraction at the exact moment of shooting.

TABLE TO TARGET DRILL

- Ensure the firearm has **NO AMMUNITION**
- Make sure no ammunition is in the area.
- make the firearm totally safe, and place it on a table facing in a safe direction. If there is a magazine, remove it and keep it nearby.
- BONUS:** if you can purchase "snap caps" (plastic or aluminum dummy rounds) use them
- Quickly bring your fire arm to "loaded and ready" status (magazine in, snap caps in, safety off, etc...)
- Fire one shot with proper alignment.
- Quickly make your pistol safe again and on the table.
- Track your time and try to improve.

Be comfortable with these drills before trying live fire practice!

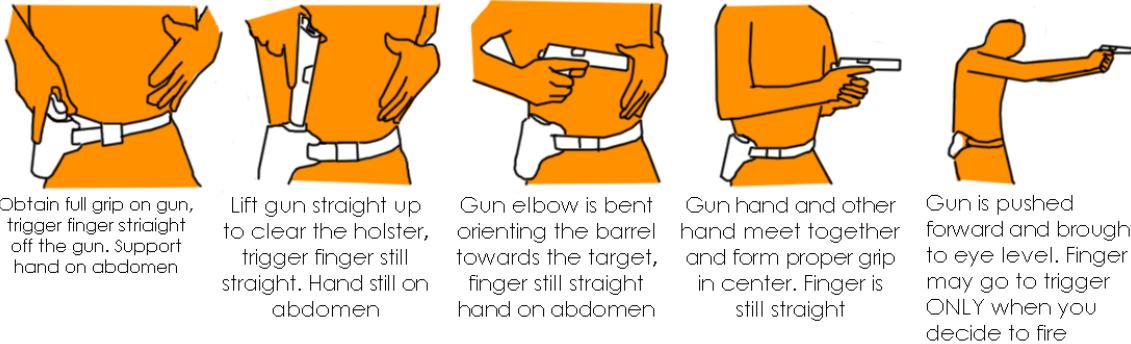
DRY FIRE PRACTICE PENNY DRILL



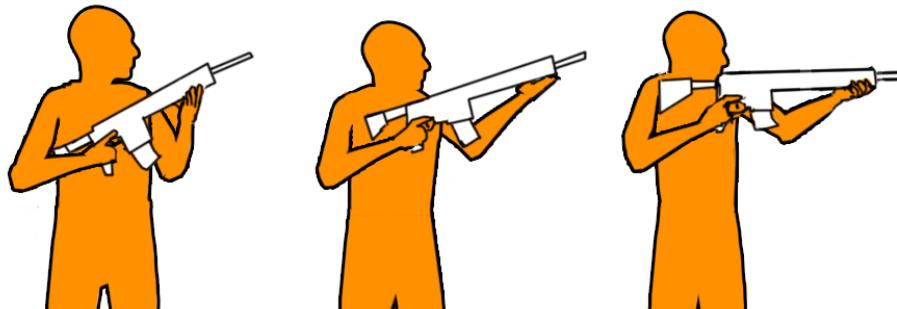
- The firearm is totally unloaded and safe.
- Place a penny on the barrel
- Pull the trigger 10 times without dropping the penny.
- If the barrel is odd shaped or using a long gun, place a dot on the wall and try to keep the barrel aligned to it.
- Even advanced shooters still do this drill.

PART 3**DRAWING FROM A HOLSTER**

If conceal carry is legal in your state, mastering the draw from holster is essential. Being able to safely take your pistol from its holster to the target takes practice to stay safe as well as be fast and efficient.

**RELOADING A HANDGUN****SEMI-AUTO PISTOL**

Learning how to quickly reload an empty handgun is an essential skill. In some scenarios clearing your ammo and replacing is also the quickest way to get a jammed gun back into action.

**BRING LONG GUN ON TARGET**

Finger straight and off trigger. This assumes the long gun is at "high ready" pictured here or low ready

Push the firearm toward clearing the butt stock from your arms or any snags

Pull the rifle into your firing position. Get your firearm pointing down range. When ready to fire, put the finger back on the trigger.

RELOADING A LONG GUN

Long guns reload in a variety of ways. It is just as important to learn as a handgun

SEMI-AUTO RIFLE

Finger straight and off trigger. You may keep rifle up or tuck into armpit.

Release your magazine and let it drop. At the same reach for the new magazine

Replace the magazine firmly. Re-engage the firearm's bolt

Bring the firearm back on target. At this point you may put your finger on trigger when ready.

PUMP SHOTGUN (quick one shot reload)

Finger straight and off trigger. Pull pump back. Grab a shell from a side saddle or pocket.

Drop arm down and around the bottom of the shotgun

Place the shell through the open ejection port of the shotgun

Push the pump forward and get back on target. At this point you may put your finger on trigger when ready.

DRYFIRE DRILL

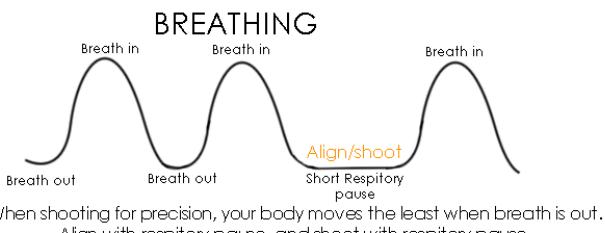
SHOOT AND RELOAD PRACTICE

Most altercations involving a firearm are resolved in one shot. A jam or a lack of ammo can prevent your firearm from operating. This drill trains the important quick draw AND a quick reload.

- Make sure your firearm is **totally unloaded** with no ammo nearby.
- Start from low ready, or if you have one a holster.
- Draw and dry fire shoot one time. You can tape a target to the wall if you feel you need one.
- Quickly perform a reload. Snap caps are useful here but an empty mag or loader is fine.
- Fire another dry fire shot towards the imaginary target.
- Time yourself and improve time.

PART 4

A common pattern to see is shots string up and down a target when winded or breathing heavily.

**NATURAL POINT OF AIM**

You are not "forcing" the firearm or you body into place when firing on a target. Instead, you want to create comfortable positions and alignments. Even slight fatigue and minor movements can take you totally off target!

INCORRECT
Cranking your neck down



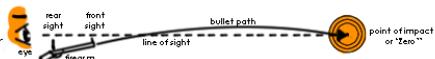
CORRECT
Rifle up, cheek weld to stock



Whether shooting a handgun or pistol, bringing the sights up to your eye vs. your head cranked down to the sights will create a much more consistent result and allow for easier shooting overall. An example here shooting "prone" position - cranking the neck down and to the sides is uncomfortable and creates odd alignment. Extending the neck out and placing cheek comfortably on stock is far easier.

HOW A BULLET TRAVELS**CORRECT**

THIS is how a bullet travels, and how your sights work.



100 yards

This is NOT how a bullet travels, or how your sights work.



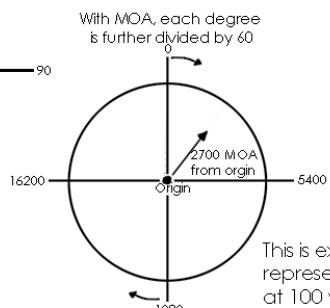
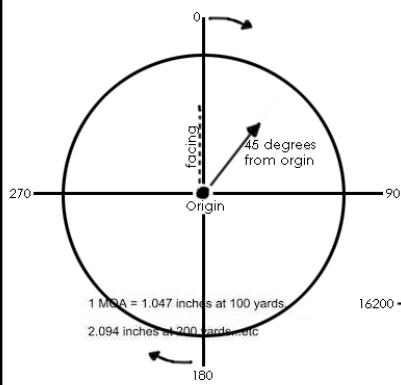
This is NOT how a bullet travels, or how your sights work.



100 yards

The front sight (and thus the front of the barrel) is off by the tiniest fraction, however at distance that angle has multiplied that fraction to being completely off target.

Measuring angle with
360 Degrees/points in a circle



As you work with your firearm, adjust the sights, and adjust your distance you will hear a lot about MOA.

M.O.A. stands for: **M.inute O.f Angle**

It is a useful way of measuring and aligning



becomes a smaller MOA

This is extremely convenient as a 1 moa adjustment in sights represents a 1.047 inch (or about 1 inch) adjustment at 100 yards! This is also a 2 inch adjustment at 200 yards, and a 3 inch adjustment at 300 yards, etc...

WHAT IS MOA

"ZEROING" YOUR SIGHTS

If your firearm is able, you may need (or want) to adjust its point of aim. For more advanced sights such as scopes or "Red Dots" you will need to refer to your manual.

REMEMBER - impact will be higher or lower if a target is at a different distance than your "zero" or current point of aim.

BEFORE YOU BEGIN, YOU WILL NEED TO BE ABLE TO "GROUP" SHOTS

An excellent group, you can find the center/point of aim easily



An adequate group, you can still find center/point of aim

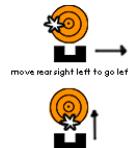


It's impossible to determine where the point of aim is



Being able to "Bench Rest" or support the rifle is useful to eliminate your movements from the shot.

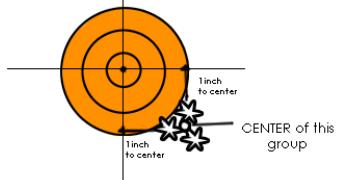
If adjusting rear sight



If adjusting front sight



The sight's manual says each "click" adjusts $\frac{1}{4}$ inch at 25 yards, so to move the point of impact 1 inch left at 100y takes 16 clicks! This target also needs 16 clicks to go up.



Determine the center of your group. Adjust your sights towards where you WANTED it to go. All sights adjust in different increments, so write down what you changed in case you need to undo your changes.

DRY FIRE DRILL

Study on natural point of aim

It is very easy to "force" yourself onto target, and as recoil occurs you are suddenly far off target. You must train yourself to go straight to your natural position.



Firearm is unloaded. Assume a strong stance and align your firearm to the target.



Closed your eyes. Do a cycle of breath in and out.



Open your eyes, and see how far off target you are. You can adjust your position and repeat until satisfied.

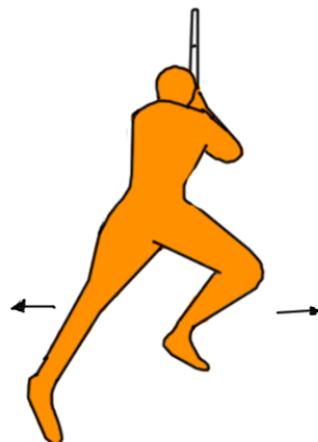
PART 5

PRONE POSITION

The most stable unsupported position. Allows for steady shooting. Its great for zeroing a rifle, hunting, and even tactical applications.



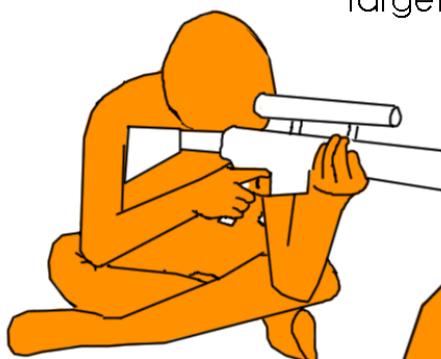
Elbows are firmly on the ground to support rifle. Legs apart with firing side leg bent comfortably up. Support elbow as directly underneath rifle as possible. Neck is extended forward and cheek welded to stock.



When adjusting left/right use the legs/hips

SITTING POSITIONS

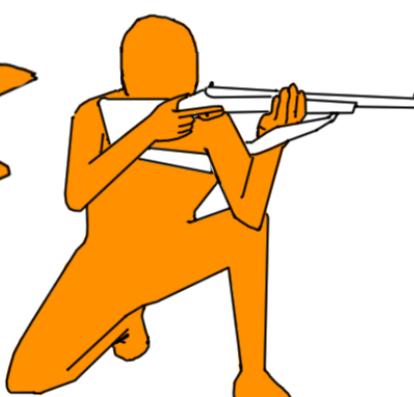
Sitting positions are more stable than standing, but less than prone. You become a smaller target quickly and for some is faster than going to prone.



A very stable sitting position.
Index sideways the target and sit criss-cross. You have stability by resting your elbows onto your knees.
If you are inflexible this might not work for you.



A less stable sitting position.
If sitting criss cross is too difficult you can extend your legs and achieve almost the same effect. Heels should dig in to improve stability.



The quickest "sitting" position, but also the least stable. By kneeling and using your knee to support your firearm you can gain a bit of accuracy. In this image it is combined with the "hasty sling" technique.

TRANSITIONS

It is extremely important to be able to transition **SAFELY** to a sitting or a prone position. Support yourself in a manner that **keeps the barrel down range at all times**. If your firearm has a safety, use it while transitioning.

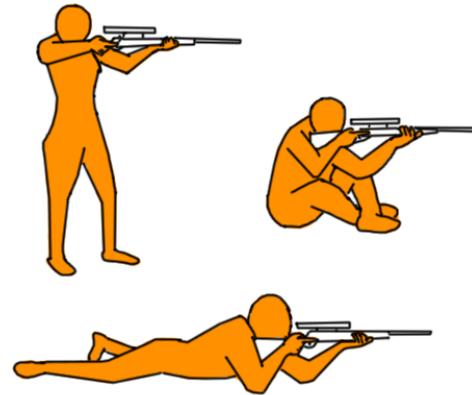


Many are strong enough to get to prone or sitting position without too much support from their hand.
Use your hand anyway in order to easily keep the barrel pointed down range at all times.

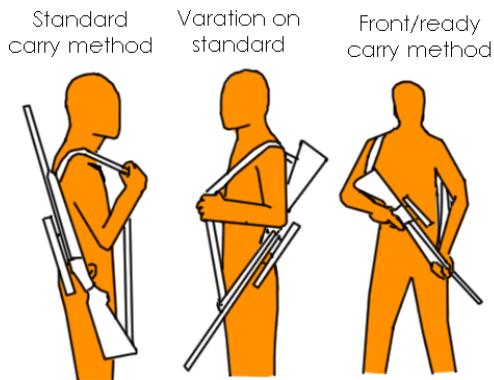
DRY FIRE DRILL

Practice Transitions

- Make sure the firarm is totally unloaded and safe.
- Set a target on the wall. Dry fire one shot to the target
- Put safetey on, and transition to a sitting position safely
- Safety off and perform one shot from sitting to target.
- Reset back to standing
- Perform one dry fire shot to target from standing
- Safety on, and transition to prone safely.
- Safety off, perform one dry fire shot to the target.



PART 6

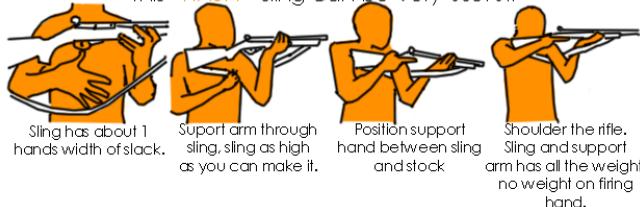


With all carry methods INSURE THAT YOUR FIREARM IS SAFE, WILL NOT ACCIDENTALLY FIRE, AND IS POINTED IN A SAFE DIRECTION!

HOW TO USE A SLING

You might have a long gun which has a sling attached, or perhaps you will need a sling for carry. There are so many styles and application, so this guide will focus on the common "two point" sling, along with simply carry methods.

An old-school use of slings is using it as a steadyng device. This "**HASTY**" sling can be very useful!



VISTING A RANGE

Visiting a shooting range can be scary for a first timer. If possible go with an experienced shooter. You **MUST** have proper eye and ear protection! Be sure to inform the range that you are a brand new shooter - even if its awkward. **LEARN THAT RANGE'S RULES!**

4 Basic Range Safety Rules

All 4 general safety shooting rules still apply!

- 1) Always keep the muzzle in a safe direction no matter what you are doing with it at the time.
- 2) Do not load or prep firearm unless the range is "hot" or ready for fire.
- 3) Always keep your finger off the trigger unless you're aiming at a target.
- 4) Make sure everyone is also following the safety rules.

INITIAL GOAL

Reliably shoot fist sized "groups" of shots at 7 yards without support. This is hard at first, but better than most shooters!

Groups on a standard target



POTENTIAL ISSUES

ALWAYS KEEP THE FIREARM POINTED DOWN RANGE!

-MISFIRE

Gun goes click and does not fire. Wait 10 seconds before clearing it and continue firing

-HANG FIRE

Gun goes click, and as you're waiting it goes off a second late due to delayed ignition.

-SQUIB

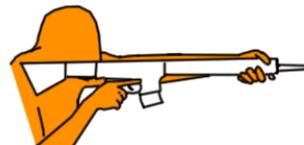
Gun goes "pop" instead of "bang." The bullet is now lodged into the barrel and incredibly dangerous. **GET HELP FROM THE RANGE**

RECOIL CONTROL

As you begin to develop your skills, you will find that firing quickly is harder than most people let on. A firearm moves and sometimes does not snap back where it was before, causing poor accuracy.



With a pistol you must practice a firm grip, wrists locked, with elbows slightly bent, while allowing your finger to move smoothly on the trigger and not slapping it.



With a long gun, your stance is the first key to reduce most recoil. Additionally, if your rifle has enough hand space you can try a "c-clamp" the handguard to help keep it level



Whether through poor technique, an overly powerful firearm, or both - this firearm has comprised the shooting position. This leads to poor accuracy, flinching, and can even hurt!

FINAL NOTES

REMEMBER: SAFETY IS FIRST!

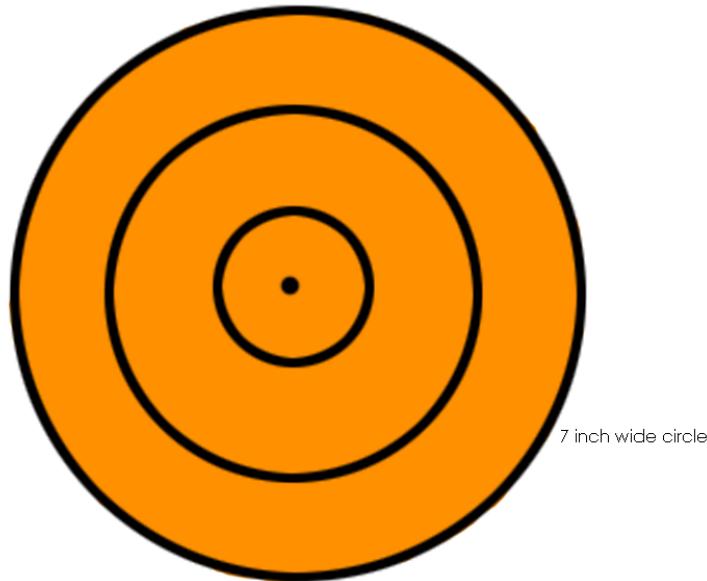
- Millions of shooters own their firearm incident free. Some ignore the safety rules and get hurt. **Be overly responsible!**
- It is your responsibility to know the laws and of your city, county, state, and country. They're all different everywhere. **Ignorance is not an excuse.**
- Once you know how to maintain your firearm and make it safe, dry fire! Top shooters dry fire often.
- A strong grip, proper stance, and trigger control (even squeeze in and out) are a huge part of getting proficient quickly.
- Owning a firearm does not make you an expert.** Proper training, time at the range, and experience does. It all adds up, but over time

SELF TEST

BASIC HANDGUN SELF TEST

This live-fire test for a shooting range is a great way to test your progress with your firearm. It is done from 7 yards, the average distance of self defense.

7 rounds, 7 yards, 7 seconds

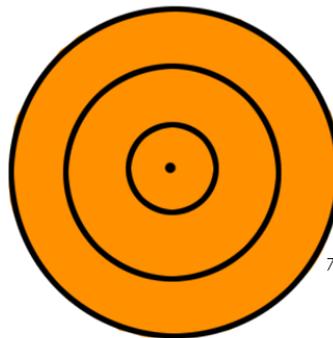


- Setup a 7 inch circle (can be hand drawn) at 7 yards.
If shooting from 5 yards, make it a 5 inch circle, From 10 yards, a 10 inch circle, etc..
- Start from low ready (barrel pointed down range, but slightly below target and sights not brought to eyes)
- Fire 7 shots inside the circle within 7 seconds.
- For any Misses, add 1 second to your time.

BASIC LONG GUN SELF TEST

You will find that long guns are much easier to aim and shoot accurately in common self defense ranges. To test yourself you can go a bit further out than a handgun.

20 yard challenge



7 inch wide target

-Setup a 7 inch circle (can be hand drawn) at 20 yards.
Just as above you can scale the target bigger/smaller at different distances

-Start from low ready (barrel pointed down range, but slightly below target and sights not brought to eyes)

-Fire 7 shots inside the circle within 21 seconds;

-For any Misses, add 1 second to your time.

we are all stronger together



PART 1, SECTION D - INTRO TO EMERGENCIES

Author(s): Black Swan Outdoors

Editor(s): Chowa, gdogabbott

Subsections:

1. Introduction
 - a. Community
 - b. Turn Off Youtube
2. Planning
 - a. Know Your Threat
 - b. Your First 72 Hours
 - c. Self-Care is Community Care
 - d. PACE Planning
 - e. Evacuation
3. Supplies
 - a. Shelter
 - b. Food
 - c. Water
 - d. Utilities
 - e. Signaling and Medical
 - f. Protection
 - g. Auxiliary Kits
4. Coordination
 - a. Supply Chains
5. Conclusion.

1-D-1 - INTRODUCTION

The panic that resulted from the first wave of the COVID-19 pandemic brought attention to the vulnerability of the American supply chain. The "just in time" efficiencies of capitalism have displayed great weakness in the face of societal anomaly. One upset and the whole system grinds to a near halt. Compound this with poor leadership from the boardroom to the White House, and millions of Americans are subjected to the mercy of a powerfully weak economy. As it turns out, our economy is "fragile, not like a flower, but fragile like a bomb."

What some may consider is "Making America Great Again" is the very same thing that has pushed away all things local. In other words, the great, industrial American supply chain and global logistics of our everyday life are strangling themselves. Food, knowledge, energy and more come from outside our communities and hang in the balance of wall street speculation, and hedge fund managers who spy ticker tape and live in their own gilded age of ignorance to the rest of the world.

As is proven at least once per decade, this economic "hiccup" is bound to happen again. When it does, the response will be worse. The disease, the market responses, our local, state, and national leadership will be worse. I say this because I cannot see how any of this is getting better. The American political system has been weakened, propaganda has filled the hearts and minds of 70 million Americans. They were once the backbone of our economy, culture, and life. Today, the same people are using the tools of theocracy, pseudoscience, and fear to keep America a white Christian patriarchal society and have shown a greater willingness to die with a lie, then live free in truth.

The underlying cause of economic and environmental instability is capitalism, accelerated by our neglect to tackle climate change. Certainty is essential for market speculation as it is for knowing when to put a seed in the ground. Once the season degrades, so will capitalism. The root cause for more disease, the veracity of storms and the unpredictability of wider spread forest fires is undeniability climate change. Outward signs of loss of biodiversity and the earth's inability to absorb a glut of carbon.

On the economic front, the sharp division of wealth between the poor and the rich has increased so much that the middle class is dying. Our means of production means little to the market, as does its people. White males who once ruled history are being coming just as extinct as the beasts, they have forced into extinction justified by "progress" and organized religion. From this social angst has risen the threat of the far-right. Over the last four years they have risen to meet an ever-diversifying population with less and less resources. These are the short, medium- and long-term threats facing America today.

Facing these issues, we need to build resilience in our communities and homes. We need to become hard to kill. While the rifle stands as a symbol for defense and

war, behind every trigger finger is an infrastructure put in place to ensure that a shot can be first fired. Every home needs to build within itself a means of resiliency. This resilience is for both the self and the greater community. For one cannot exist without the other. This guide is about creating the right framework for this reliance. There is an endless number of books and videos on the internet surrounding the topic of emergency preparedness. While many writers and producers present this information with good intention, most of what is shared is unrealistic, a product of escapism and fantasy. The preparedness community which came about after Hurricane Katrina, the Iraq war and the sub-prime mortgage crisis is just one example of our broader community feeling the economic and ecological squeeze on the middle class, the working class. This guide cannot provide you with a complete blueprint for becoming resilient, but it can help you focus on the real threats we will all be up against, and in your own personal journey, help you decide what to prioritize, as you wade through the plethora of material available to you on this subject.

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1-D-1-a - COMMUNITY

The first reality of a disaster is that neighbors help neighbors. Before you store one extra can of beans or buy more ammo, if you do not have a community, you have nothing. No one man can live and defend himself in isolation. You need friends and family; you need neighbors and strangers. When the chips are down, this is a time when people relate to people. Too many fiction books and movies make it appear that in the face of an emergency people instantly become selfish marauding looters and rapists. This is far from the truth; money and power is something people crave when they have the means to survive. Without it, in the immediate, most people are good and decent. Sure, there are bad people, but that is not most people. Have a plan for them but think about first how you can help others. This starts today. Get comfortable with meeting new people, trading goods and services, and volunteering your time. We all have either time, talents, or treasure to share. Living in isolation and fear restricts the resources available to you. While the romantic appeal of living in some off-grid cabin might sound great, you're actually cutting yourself off from everything you really need to survive, you're cutting yourself off from the community.

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1-D-1-b - TURN OFF YOUTUBE

There are lots of myths which encircle the preparedness community, off grid living is just one. One of the worst summations of a post-disaster environment is that food and water can be found in rural areas. Most of our crops and vegetable products come from large monocultures far from the areas in which we live and grow in an industrial manner. Meat and milk too are mostly produced in an industrial fashion, in large confinements where the animal's reproduction and growth become artificial. In the first inclination of a down-turned market, the "farmers" will plow in their fields, pump the milk, and slaughter their livestock to help curtail losses. There are very, very few farms out in pastoral America with any diverse or sustainable production. It is counter intuitive to think this, but there will always be less food in the country than the city. Heck, most of the corn in places like Iowa who pride themselves on "feeding the world," doesn't really feed humans. Iowa corn mostly feeds the world's life stock, and the rest goes to gas tanks and soft drinks.

When or if electricity goes out, so too will the pumps that pull water out of the wells in most rural communities, leaving the landscape, for human purposes, almost desert-like. Sure, there are pockets of ground water available, but most of this water has been poisoned by decades of over-fertilization, erosion, and dead animal carcasses. More hormones leach into the waterways from poultry and hog

production by the means of their feed than what one might find in the city from the birth control that gets flushed into our waterways by a typical university student body.

Another often used trope of survivalism is to "head into the hills" with a single pack to live off the fat of the land. This fact is this is no longer possible, as only 35% of the wilderness left is extremely remote compared to where people live. Sure, there are small pockets of forest which people can easily access, but their resources could hardly support a fraction of a typical community. Many people assume they have greater survival skills than they actually do. YouTube is filled with fair-weather survivalists, who like to build shelters and stay overnight in the woods in the best of conditions for a limited time. It is easy to think about hunting and trapping on a full belly, much harder when your stomach is empty, and your spirits are low. Also, YouTube is filled with throngs of former military types, who all seem to have been "survival instructors." They teach a style of survival based on the vast infrastructure of the military complex. It is one thing to learn about survival when the people looking for you have sophisticated equipment and helicopters, it's quite a different reality for most other people.

Most people teaching preparedness or survival on YouTube and elsewhere have never had to truly execute the skills they preach. Neither to do their readers and followers, all these skills go unchallenged and the cycle continues. What an emergency is really like, what it will be perhaps in our near future is that of life in the developing world. There will still be technology, power, and all the trappings of the developed world. What is available will be highly limited to time and who has it. If you really want to learn about practical "survival" skills take a ten-day trip to a place like Haiti and live with the people, not in some resort. You will get a far better lesson about resource scarcity, creative problem solving and real self-defense than you will listening to a vet who is forty, has done nothing since his 4-year stint in the military when he was 18, and now lives on a cul-de-sac in the suburbs shooting YouTube videos from his backyard.

1-D-2 - PLANNING

In order to tackle any sort of emergency for your immediate family and neighborhood, an extensive amount of planning will be required. Here we will break it down and show you how to build your own plan. Begin thinking about your own personal environment and categorize things that are unique to your area that you may have to plan around additionally. For example, someone living in rural Idaho will have a much different set of immediate priorities than someone living in Brooklyn.

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1-D-2-a - KNOW YOUR THREAT

The real threats we face aside from the looming economy and degrading climate, is the rise of the far-right. This threat is pervasive today because of the economy and political instability, but also political amplification of these groups by the Republican Party's Trump Presidency. The views of the far-right are diverse. The range from the typical hate groups, to private militia, to proto-fascism. One of the least talked about, but the most significant aspect of Trump's amplification and support for these groups is his work making their grievances mainstream and legitimized. Their views have become adopted as a plank of the Republican party making differentiation of the views of the far right less discernible from the average conservative. This has placed the enemy without uniform and hidden within a mass of human shields. In the last few years, they have targeted hospitals, power plants and water treatment facilities. They have vandalized houses of worship, detonated bombs within them and fired weapons into praying congregations. The far right has tried to weaponize COVID-19 and actively inflamed violence during protests. They have assassinated police and even attempted the kidnapping of a governor, as well as the overthrow of a state government. Amongst their most heinous acts over the course of the past four years have not been the acts of terror themselves, but the sympathy they have achieved from 70 million conservative voters. People like Randy Weaver, David Koresh and even Timothy McVeigh are looked upon like prophets in their time, as they revere people like Ammon Bundy, Kyle Rittenhouse, Richard Spencer, and Gavin McInnes. The Gadsden Flag, the Trump flag, and the Swastika are all the synonymously posted colors flying above our stars and stripes.

1-D-2-b - YOUR FIRST 72 HOURS

This pervasive classist and racist ideology are proving to be deadly for many marginalized peoples. This includes immigrants, refugees, members of the Jewish community, people of any diversity, women in general, as well as our loved ones in the LGBTQ+ community. This is shown particularly clearly when there is an emergency. Any emergency. Hurricane Katrina painted a vivid picture as to what all "other" Americans experience every day from emergency services. People of color do not always get the same level of help which white America enjoys.

For any future natural or national disaster, as well as the very real possibility of a regional disaster, there are many things a household can do to prepare. Today we will cover the basics. The beginning point for any household is to have cash on hand. Many preppers will want you to think that you can purchase security through spending a wanton amount of money on dehydrated food and firearms. This is the opposite; you need money. If you do not have a savings account, you have no business buying a lantern or bullets. How much you need will be up to you, but enough to cover a months' worth of expenses and then some would be a good place to start. Then having an additional \$1,500 cash on hand would be wise. We do not live in a barter society, so don't listen to anyone telling you that you need gold and silver. While you are saving, start to put together a 72-hour kit. You can get a good list of supplies from FEMA. This will cover most disasters you are likely to face from a pandemic, flood, loss of power and so on. 72 hours is a golden number, because if you can survive the first 72 hours of any disaster, your likelihood of surviving increases exponentially.

Link to the FEMA site for those reading on an electronic device:

<https://www.ready.gov/kit/>

For those reading in print, see Appendix D, Section 1 for the list.

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1-D-2-c - SELF-CARE IS COMMUNITY CARE

Anything more in the way of supplies not only helps you, but also helps the community. By taking care of yourself first, you are also making sure that supplies coming in from the federal or state government can be extended farther. One more bed in a shelter available, one more hot meal for a child. By taking care of yourself and your family, means you have created the ability to help other people. After a disaster people need to be fed, looked after, lost children or pets need to be recovered and so on. Preparations should be made with the intent to help your community, but first make sure you are safe and stable; then help others. Anything else is selfish and puts you, your family, and others at greater risk.

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1-D-2-d - P.A.C.E. PLANNING

As we approach putting together a plan, we will use the planning acronym PACE. PACE stands for Primary, Alternate, Contingency, and Emergency. Every good plan has the capacity to fall apart, a plan B and C gives you options and the ability to pivot. Many people, especially in the preparedness community, like to jump ahead to the sexier "emergency" options. For example, grabbing a "bug out bag" and heading to your nearest county park sounds fun in theory, however you are more likely to find yourself on your cousin Leroy's couch. If you have a primary plan, an alternate, and a contingency in place, the likelihood of needing to spend any time or money on the emergency plan is juvenile fantasy. It is important to know that the emergency options are there, but spend your energy making sure you do not fail this far along in your planning.

Remember this acronym when writing your plan down.

P - Primary Plan

A - Alternative Plan

C - Contingency Plan

E - Emergency Plan

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1-D-2-e - EVACUATION

Many natural disasters such as wildfires and hurricanes can force one from their home. If this is a foreseeable event, you would be prudent to consider planning how you are going to evacuate in advance. Events can happen either extremely quickly, or slowly over the course of hours or weeks even. If you need to leave quickly, have some items which will aid you later, help get you rescued faster, or simply tide you over can be helpful. Just keep in mind anything can be replaced and possessions are just objects, nothing is worth more than your life. Preppers will advise you to have a "bug out bag" at the ready for a "bug out," or evacuation. Please keep in mind hardly any of the junk they suggest is helpful in a real emergency. You will be best to simply have some important documents and files id's and cash, along with a prepacked travel bag of clothing. A pre-packed bag is helpful even in non-life-threatening emergencies such as in an unexpected funeral, or an unexpected hospital stay. It's easier to tell someone to grab a bag pre-packed than ask them to pack a bag for you.

For emergencies which you can anticipate coming, having items pre-staged or prepacked for an evacuation might be prudent. Think about the items that you would want to save or would be helpful down the road as well as in the immediate. Put all the items together in groupings packed in sturdy plastic tubs with secure lids. 17-gallon tubs are the best as they are easier to move through doorways, then the larger 27-gallon containers which can quickly become over packed. Keep in mind that you do not need tubs set aside specifically for evacuation. If you already have tubs being used for storage you can use these too. Simply dump the contents in a designated spot. When/if you return, unpack the evacuation tubs and repack the storage items. After you have predetermined what you are going to save and how many tubs it will take, then consider the trailer size required to take all these items. A hand truck and some ramps will be helpful getting the tubs out and loaded into the trailer too. If you cannot afford what you want in trailer size, then you need to figure out what you need. Once that is determined, then go out and purchase the containers and trailer. Keep each tub as close to the items you want to store. For example, if you are taking clothing, then keep a tub in your closet. Each tub should be pre-labeled and have a list in the tub of the items to pack. A duplicate list and master list should be in with your other paperwork to grab.

Once all of this is determined, you will need to do a dry run. Practice packing the tubs, and loading onto the trailer, hitching it up and leaving. Time yourself to see how long it takes. Can you get it done in 2 hours? 5? Would another set of hands move you along faster? Once you know how long it will take, prioritize each grouping, so you know what needs to be packed first and/or what could be left off in time does not permit. Last, you will need to consider how you will secure the items while traveling and where you will take the trailer. Will you go to a friend's house out of the area? Will you rent a storage locker for a few weeks or months?

Do you have a second property to store this stuff? Be sure to video and photograph your entire house and record all the items you plan to take and leave behind for insurance purposes.

Evacuation trailer groupings:

1. **Kitchen**
 2. **Camping Supplies**
 3. **Heirlooms**
 4. **Library**
 5. **Tools**
 6. **First Aid/Medical**
 7. **Home Office**
 8. **Clothing**
 9. **Firearms**
 10. **Pantry**
 11. **Bicycle**
 12. **Food**
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1-D-3 - SUPPLIES

Immediate plans are not enough on their own. We must also remember that no community can survive without supplies. Shelter, food, water, protection and more; these are all things that will be necessary upon the exit of our society from its place of comfort. Have a plan to retain or obtain all of the supplies listed in the following sections.

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1-D-3-a - SHELTER

Shelter is the most important part of your preparations. Your primary plan for shelter is, of course, your home or apartment. This is where most of your preparations will take place, however, keep in mind the principle of community. You may need to think about how you will or can move these supplies to an alternate location such as with friends or family. The contingency for this is a hotel or shelter for short stays. The emergency plan may lead you to living out of your car or camping, however that is unlikely when you are in a community. The key is to focus on the transitions between the different shelter options. Decide if you should keep supplies in any of these locations. Should you pool resources together within your community on purchases, or just have the means to store supplies at these locations? Think about how your likely threats will affect your home preparations. It would be a terrible shame to put back five years' worth of food and have to leave it because you didn't plan on a forest fire burning up your home.

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1-D-3-b - FOOD

In a wilderness context the next priority after shelter would be water, but we are talking about a civilian context where food will be a less available much quicker than water. Food is also a higher priority because food also brings on a sense of comfort and increased morale, particularly in the planning phase. The average town will have about three days' worth of food in their grocery stores for an entire community. In the event of any disruption in the supply chain, food will come in at a trickle. The combination of a sensationalizing news media and the apparent loss of variety of food on the shelves often triggers anxiety, and as a result panic buying ensues. In the aftermath of a natural disaster, FEMA may come in with some hot meals, however this can take four to five days.

Your primary plan should be to have a minimum of two weeks of food on hand. Three weeks of food would be even better, if possible. Resist the urge to panic buy with the masses when an event occurs. You have thought ahead so that you don't have to subject yourself to these dangers, trust in your planning.

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1-D-3-c - WATER

Your next priority is water. Your primary concern is having access to drinking water. Having several large cases of bottled water is a good start. It is more likely that you will lose access to clean water before the availability of water. So, your alternate plan should be a means to treat water coming from the tap such as boiling or using bleach or iodine. The contingency would be to rely on water coming in from an outside source such as water catchment, government disaster relief, or community members.

In this case you will need a means to move the water, and water is heavy. Moving water requires containers and a vehicle, or many trips on foot. This is a daily chore for most people in the developing world. Again, something obvious to anyone who has traveled. Consider too that your vehicle may not be available to move this water. While your car may be fine, the roadways may not be. A simple wagon may be needed, or a trailer on a bike. The absolute emergency source of water is surface water. I highly suggest going backpacking for a week and see how old sourcing water from a filter gets. Then consider too, how polluted the water source is and how limited the filter will be in meeting your needs.

After bottled water, have one-gallon jugs on hand for auxiliary drinking and hygiene. One-gallon jugs and bottled water can be moved and filled easier than larger 5-gallon jugs and 55-gallon barrels. If you need to leave your shelter, it would be a shame to have to leave the bulk of your water because it is tied up in an immovable container. A few five-gallon jugs are definitely fine to have filled and ready, as they can make transport more efficient. Just be realistic about how much. One gallon of water per person per day is recommended by most professionals. Over the course of a two-week incident, for a family of four that would be 56 gallons. Water is cheap, if you have the room, more is always better. You can always share what you don't need.

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1-D-3-d - UTILITIES

Living on the grid in the 21 century comes with the benefit of exceptionally reliable electricity and heat in homes that are well insulated. It is hard to imagine what would keep natural gas from flowing or electricity beyond a week in most parts of the county, while the event of totally systematic loss of heat or electricity is remote, it could happen. If you do not have heat in American it is more likely because you can't afford it. Millions of Americans are forced to make the decision between having heat, food, or medications every day. A plan for the loss of these resources for these reasons is an unfortunate reality in the wealthiest nation on the planet. The primary need for heat can be supplemented with small heaters and living in closer proximity to each other or moving into a basement where the temperature stays more moderate. For people living with propane, having an alternate fuel sources like wood is entirely possible but for the bulk of us living entirely on the grid the option will be to bundle up and deal with less or no heat.

Many people take to snowshoeing and mountain climbing for weeks on end and do simply fine with the proper gear. Extra blankets and layers of clothing need not be expensive if you know what to look for. Sitting around doing nothing can also make you colder. If you have the calories and ability, create heat by being active. Alternative cooking is easily done on a barbecue, camp stove or even backyard fire ring. The loss of gas or electricity for a short period of time is inconvenient, but prolonged can be deadly. A good primary plan for the loss of electricity is having some simple flashlights, lanterns, and the means to charge devices like a phone will be handy. Contingency plan would be to run a generator, harvest and burn wood heat, when possible. Your emergency plan would be evacuation, when the absence of heat or electricity threatens your life, your best bet is to simply leave to find more suitable shelter.

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1-D-3-e - SIGNALING AND MEDICAL

Communications, providing self-aid, and means of protection are not priorities as such, but considerations which run in parallel with all other priorities. We live in a civilized world connected by means of advanced communications. For most people, the primary means of communication will be through the landline phones, the cellphone and internet. If the phone lines are down or your carrier's cell tower jammed up by too much use, having a prepaid phone as a backup on a different service might be a good idea. A contingency form of communication could be a simply two-way radio in hopes that others in the area have one too. Another contingency would be so taking a bicycle or walk to another household, or to where other people are congregating. The benefits of using a radio is that time and energy

it saves on communication when the grid goes down. Many communities have a ham radio club who have a means to broadcast messages out to other clubs or stations in the area and region. It is possible that the radiogram could be sent from your location across the country or anywhere in the world either through direct transmission, or by relaying the message from station to station. If you do not have the means for this capability, someone in your community should, or at the very least you should know who does in your community. Emergency forms of communication when the grid is down may consist of writing a message on a paper and sticking it to your door, mailbox, or window. In areas prone to flooding or surges, a large sheet with the word "HELP" could be handy in the event an airborne rescue is likely. After many events communities have been known to use ribbons or glow sticks as a system for indicating whether occupants in a house are okay, need assistance or help. Red meaning help, green means were good, keep going, and yellow meaning were okay, but could not use emergency personal/first responder assistance. As a neighborhood or community, you could come up with your own ribbon system.

If you have a core group of people within your area and beyond which you will rely on, simplify your plans by concentrating on how you will communicate with them. Messenger on foot or bike, radio?

Save your hard-earned bucks and resist buying too much in the way of medical supplies, especially if they are supplies you do not know how to operate. In all the areas of emergency preparations, the worst advice is often given around medical assistance. The adage "it is better that have and not need," or the thought that if you do not know how to suture for example, but someone else will therefore you should have the kit sounds reasonable. In reality, it is just a waste of money. Also, do not listen to anyone who advises you on stocking up on medications for aquarium fish. You're better served spending the money on a basic first aid course and/CPR course and buying a simple off the shelf-home first aid kit. If you can afford it, I highly recommend a wilderness first aid or first responder course. Either is worth the money and will teach you how to diagnose, stabilize, and improvise medical attention in the field. If you are carrying a weapon, then it is also highly recommended to take a course in bleeding control and management as well.

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1-D-3-f - PROTECTION

Having a weapon such as a firearm can be comforting in many dire situations. In all other times, firearm ownership can be simply inconvenient. Owning multiple guns for example can become a liability, posing even more problems than they are worth, especially if you need to leave your home for whatever reason and your armory was put directly into the hands of the enemy. Military vets will tell you that

your rifle is your main weapon, and that is true for the military. But in the civilian context, it is the pistol. The pistol can protect you at close range, be easily transported and secured, hidden, cached or if needed, or [legally] traded in a dire circumstance.

The best pistol caliber for most people is the 9mm as that is the most common, with .22 coming in at a close second. .22 caliber is good, not for its takedown power, but its low price point, its availability, and because it is easier to transport. Anyone can fire a .22, even a child.

Second to the pistol in usefulness for defensive purposes, but also working well for hunting, is a shotgun. While it holds less rounds, the need for precision is not as important. A 12 gauge would be the standard shell, loaded with buckshot. The fantasy of a group of marauders storming your house is ridiculous. Most home invasions consist of a single person, a three-shell shotgun will take care of three people, more than adequate for 99% of the time.

You might have heard the phrase "the best defense is a good offense." While the strategy does not hold up in a court of law, it is exactly what we are seeing play out on American streets. For an effective offensive strategy to defense, there are few better platforms to consider than the AR-15 chambered in .223/5.56. We need not look any further than our local police to see this strategy in play. Over the course of the last 15 years, we have watched police evolve from a purely defensive force, into an offensive force. They have also traded their cruiser's shotgun for the AR-15 on the justification for better defense. All semantic games aside, form fits function, and this weapon was originally designed for an effective assault. Hence, it is genius as an assault weapon, and the reason why many armed forces around the world use them and their variants. This weapon was designed for the theater of war, to be effective over both distance and in close quarters. The lightness of the weapon and its slight recoil allows it to be formidable in the hands of even the slightest 18-year-old infantry. A thirty round magazine can be removed and replaced quickly, creating an amazingly effective force multiplier. The 5.56 round is a good generalist round, a balance of efficacy, power, and weight and giving the user the ability to carry more rounds on their person with deadly effect.

Selecting which firearm is best for you will be best determined by your threat, location, and your level of desired training. For those who are new to firearms, you will quickly realize how opinionated some people in the gun community can be. They will contest and argue over anything and everything. More times than not, soliciting help in selection or even training takes some time and some shopping around. Do not fall victim to one person's narrow-minded opinion. Just remember that the same narrow minded people who make up the conservative right in this country are mostly the same people who patronize gun stores and troll internet forums. Also, don't get caught up too much in the need for a plate carrier, chest harness and all the other kit of war. Focus first on your fundamentals. Take that money and first buy a good case so that you can transport the weapon to the range

and training events. Your next purchase should be a good optic, iron sites are a thing of the past, something to know how to rely on, but it is unlikely you ever will. Lastly, buy more ammo to send down range.

After you have received the aforementioned first aid training, it is highly recommended getting a height quality individual First Aid Kit (IFAK) which is designed for treating gunshot wounds. After you have learned to effectively create holes and plug them up, then consider a carrier which can stop them all together. If you do not want to get a firearm or think about people in your family or groups who would not want a firearm, consider a backpack with an armored plate instead. It is the bare minimum, worn on the front or back, relatively inexpensive, and without a rifle in hand, still offers a level of protection from a shooter hesitant to fire on an unarmed person. When you carry a weapon into any engagement, you need to take responsibility for the fact that you are willing to become a target. There are no do overs, time outs or unfair rules in a fight. Further, if you break the law you are no longer in a defensive position, you have become the enemy.

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1-D-3-g - AUXILIARY KITS

Auxiliary kits are kits that you put together with specific threats in mind. For example, if you are concerned about the pandemic of any kit, a kit to take care of sick people, medical waste and setting up a quarantine area would be in order. If you are worried about flooding than having an extra sump pump, extra plumbing supplies and fans would be wise. If you are worried about being stranded in your house by high water a kit kept in the attic with a sheet, some flares and such would be warranted.

1-D-4 - COORDINATION

No one is an island in and of themselves. We require the assistance of all those around us in order to survive. It is how humans have continued to exist for so long. If we want to survive emergencies, we need to learn how to coordinate. We will go over more on this topic in the next section, Section E: Unit Operations. But remember that without community, all this is not worth doing. We want to keep everyone safe, and you need more than just one person to qualify to be called "everyone."

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1-D-4-a - SUPPLY CHAINS

One aspect of working within a community or a group which relies on mutual assistance is that everything you put pack for yourself could also be used in a long-term incursion, as likely of a scenario as it could be.

Local situations can come to fruition quickly and having resources on hand to help is an indispensable nature of working within an alliance. One's house or yard could serve as a quarter or camping location for people coming to the area to help, perhaps setting up an informal airBnB. Food is often controlled by governments or militia groups to control the people and keep people from fighting. Guerrilla fighters need food and medical supply is just as much as rifles and bullets. If all of us had some food, ammo, and a supplier to offer, A trailer and local supply chain could be created to store and move goods and services to where they are needed. Helping the community, any community, in the end helps our cause. A comrade's home could be a safe place to put a head down at night free from the paper trail of a hotel. Aside from the treasures of food, fuel and ammo which can be shared, so too can talents. Auto mechanic work, communications, information technology expertise, growing and raising food, and many other skills can be freely shared among comrades. If the means of production is in the arms of the laborer, then it is in the willingness to share one's talents to a wider community. Sometimes, talents and time of others is not enough, and treasure, or funds may be required to see a critical event through. Microfinancing and crowdfunding can serve as a twentieth century financier to circumvent banks. If everyone pitched in five dollars to this event, ten dollars to the next, a formidable, decentralized war chest could be amassed to see that the fascist not raise their heads in our community again.

1-D-5 - CONCLUSION

When planning on amassing emergency supplies and build skills, just keep in mind that the preparedness community (preppers) exploit the extremes of emergency situations to get more viewers or customers. While there is a multitude of great information made available by them, most often the information provided is unrealistic or not helpful in practice. A Google search for bug out bag ideas will bring thousands of hits on how to set one up, but you will never find a genuine after-action report for how they performed in an emergency. Preppers will spend time going into detail as to how to store seeds for a survival garden but have no plan on amending the mostly clay soil in a person's back yard. They will go to great lengths on building the "ultimate" as a guzzling bug out vehicle, which will be proved to be worthless after a run-on fuel; not to mention completely worthless on a road not plowed in winter. There will never be an end time for our civilization, these are the fantasies of people who feel a loss of power or control over their lives. Being a prepper means to be an escapist from reality. There will always be bumps in the road, as 2020 seemed to have been apt in showing us. We always have in existence the full weight of a body of science which can be thrown a problem when in need, we have the most advanced medical capabilities, and like it or not a global economy riding on our success. These are dynamics which cannot be ignored. We are not going back to the technology of the 1800's nor should our thought process, or politics or understanding of the world and its rich and diverse people. That all said, the real dangers which loom over us are the inescapable environmental changes due to climate change and the failure of our economy which allows for the stock market to surge while 1 and 4 children go hungry.

SECTION E - UNIT OPERATIONS

Author(s): Chowa

Editor(s): gdogabbott

Subsections

1. Introduction
2. What is a "Unit?"
3. Finding Your Roles
4. Organization
 - a. Gear List
 - b. Danger Levels
 - c. Action Plans
5. Establishing Communications
 - a. Radio Etiquette
6. Conclusion

1-E-1 – INTRODUCTION

I know you have heard the old saying that "No man is an island." It is certainly true, for the most part. People can provide supplies and protection for themselves in an environment where the threat is small. But what happens to you if you're alone in a disaster, cut off from the world? What do you do if you are stuck in your city or town, logistics have broken down to bare essentials and there is little natural land left to use? The answer to this question is: don't let it happen. People have an inherent need to stick together and survive turmoil. That's our biological priority number one. We are a social species, that is what our brains want us to do.

You should never find yourself alone when the shit hits the fan. One of the most fundamental laws of survival is simple: stick together. Focus on creating a tight group of friends or loved ones who will be by your side when you all will need one another. Everyone should know what the goal is, where they fit into the team structure, and where they should be going.

1-E-2 – WHAT IS A “UNIT?”

Having people in a gaggle is not enough to have a shot in handling emergencies. In fact, if you gaggle a bunch of untrained and unprepared people in one place, it will be pure chaos. Chaotic groups do not last long in the long run. They have a tendency to splinter apart or fall into divisive power struggles for leadership roles. In a situation where prolonged sustainment in an unsure environment, organization is key. It will keep your team together, keep them focused, and keep them alive.

A simple way to keep your team running like a well-oiled machine is to think of yourselves as a "unit." Or, if you're a sports fan, call yourselves "the team." It cannot, however, be some hierarchical power structure where one is atop a pyramid and the rest at their feet. Everyone has a role and all roles are equal. In the metaphor of sports, your team cannot run passing plays without someone to throw the ball and someone to catch it. Both positions are equally valuable during the pass. Even after the pass is made, then another may need to be made. That is why everyone should be able to both throw the ball and catch it.

Yes, everyone should be able to function on a basic level on your team. But, in basketball, some people are better at shooting from the three-point line than others are. In baseball, teams will have designated hitters because they hit the ball that much harder. Don't worry, the sports metaphors end here. Just remember that in the overarching goal of managing disaster or conflict, there are a few positions in your unit that you should most definitely have people lined up for. Here are the key positions in simplest terms. Keep in mind these are not hard terms; your unit can coin their own names for these positions or not have names for them at all.

Key Unit Positions:

Captain:

- Elected by the unit.
- Handles the reins and give the unit vision & direction.
- Liaisons with local first responders or lateral units.
- Leads by example with a strong moral compass.

Lieutenant:

- Elected by the unit.
- Helps the Captain direct the team.
- Executes plans while the Captain acts as liaison.
- Acts as liaison when the Captain is busy.

Scout:

- Sharpest eye in the unit.
- Keeps an eye on potential threats.
- Moves ahead of the unit to scout for potential problems.
- Keeps the unit alerted for possible changes in weather/climate.
- Keeps an eye on the rear as unit advances.

Medic

- The most medically savvy on the team.
- Have medical training (at least first aid & CPR certification)
- Experienced at least a few medical emergencies and can remain calm.
- Carries not only spare IFAKs, but a medic's bag, as well.

Navigator:

- Knows the locale the best in the unit.
- Has knowledge of less-trafficked areas or hiding places.
- Plots possible paths of egress or advancement.
- Should know shortcuts in a pinch.

Point:

- Most initiative on the team.
- Once an area is scouted, the point's job is to protect the team.
- Should have high physical conditioning and sharp reflexes.
- The will move first as the unit advances.

This does not mean that you can only have six people on your team. These are just critical positions that need filled if you want to move safely and effectively. Your unit may be 35 people, in which case you can assemble sub-units of five, each with its own set of roles. The flexibility of these roles is endless; adapt it to your taste, your unit, your area and, most importantly, your safety. It may not even be safe for you to operate in bigger groups. If so, most of these roles can be utilized remotely.

So you might find yourself thinking, "Where do I fit in with those five jobs?" That's only natural, most people have never experienced traumatic events for themselves. They have no idea how they would react in an actual, bona fide disaster or conflict. One thing to remember when designing your unit, is for your people to be honest with each other. If you cannot be truthful with each other before disaster strikes, then I cannot fathom how poorly you would perform when the stakes are life and death. Sit down together (or meet online if you live separately, COVID-19 is still a thing at the time of writing) and brainstorm

together. Call each other out if you don't think that someone is right for the job. Feelings are less important than surviving, so make sure you can handle constructive criticism.

1-E-3 – FINDING YOUR ROLES

I want you to gather your unit and get them thinking about these things. Determine what roles are necessary for your unit and which are not. Add new ones, remove the ones you don't need. You can have a single leader, call them "Big Boss" and have ten lieutenants called "Lil' Bosses" for all that it matter. The aesthetic is not important. What is important is crafting a reliable, form-fitted team that will survive disasters together. Your team should be able to handle disaster so handily that you can branch out and help others handle it, as well. A team of Defenders should be a beacon of hope in any situation where people need help.

That is why you must sincerely think about leadership, and be careful about who you give the reins to. The power-hungry should never have responsibilities. Your Captain should not be someone who craves the desire to lead people. That is a control-freak disaster waiting to happen. Leadership is, in most people, innate. People have a great way to feel out one another over time, and we have gut instincts that tell us who our leaders should be. While this feeling could be manipulated by the devious, I am working under the assumption that your team is tight-knit, knows each other really well and doesn't desire to screw one another over. Here's an exercise:

Think of your friends. Think of your family. Who among those do you perceive to be a leader? You may have some idea, given enough time. Now, take that little exercise and apply it to your unit. Who is your natural leader? Who is the one who doesn't have to beg and plead for leadership? Have everyone ask themselves this question. Elect your Captain this way. Don't just hand it to the person who asks for it. Leaders that are truly meant for it earn it through positive example and decisiveness. It should be a natural fit.

Sit down with everyone and go over every role you all decide to use. Think about the duties and responsibilities that each role will have and weigh them against one another. The team will elect the Captain by whatever voting method you choose (a simple majority or two-thirds majority could work), and the same for the Lieutenant. As for the other roles, people should be able to volunteer for them. If one other person seconds the person as a volunteer, they have the role. The unit should also have a rule that roles can be reassigned if the group votes for it.

1-E-4 - ORGANIZATION

Once that everyone has been placed in their roles, where do you go from there? What is the team to do before a disaster in order to be more effective when one happens? I will be honest here, it is tough to get direction in the beginning. There is still a lot to be done after everyone has been put in their role. What is the first step, how do you proceed?

GET ORGANIZED!

Get your affairs in order, have the supplies on standby, have plans for every situation. Begin to line up everything that your team will need so you don't even have to think about it. Get your team a list of supplies for each role and each person outside a role. Have them garner those supplies on their own and have them handy for when the unit needs to get together. Organization is the key to survival in most of these cases, and the combined shouldering of financial responsibility will enable the team to gather much needed supplies with less impact per person. Organize in this order:

1. Create a general gear list for each role as well as general unit members. The Captains, Lieutenants, Medics, Scouts, Navigators and Points should have individualized gear lists, as their job duties dictate. This is covered in "Chapter a" of this subsection.
2. Create a general action plan for each role and general members. This is the base plan that everyone will fall back to when all specific action plans have failed. This is in "Chapter c."
3. Create specific gear lists for specific emergencies. For example, a flood will have much different necessary supplies than an earthquake or civil unrest will.
4. Create specific action plans for specific emergencies.

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1-E-4-a – GEAR LISTS

A gear list is a tedious thing to make. You have to sit down, think about every possible item you might need, write it down, gather the things, and then keep your stock replenished indefinitely. When you say it out loud, it may be slightly reminiscent of the "prepper" culture, where you will gather an amount supplies that will last you until time itself ends. This is most definitely not that. A gear list is a list of absolute essentials that Defenders will have to carry with them while they do good in their neighborhoods. It needs to remain light, tightly packed, and versatile. A good rule of thumb for a gear list is that you should be able to carry everything on it with you and last three days in any given scenario.

Now, keep in mind that this is more along the lines of individual gear lists. General supplies that your entire unit should have on hand are covered in Part 1, Section D, Subsection 3 (pg. #). Each person should be able to fit their entire gear list into or onto a hiking backpack no larger than 65L. Medics are a separate entity in that they should also carry medical supplies on top of their own gear. Here is an example general gear list for each member of a unit.

Gear List:

Item	Quantity
<u>Documentation</u>	
• Driver's License	x1
• ID Card	x1
• Field Notepad	x1
• Field Pen	x1
<u>Communication</u>	
• Two-Way Radio	
○ Midway GTX1000VP4	x1
○ Battery	x2
○ Car Charger	x1
○ Standard Charger	x1
○ Radio Headset	x1
<u>Clothing</u>	
• Hiking Boots	x1 pair
• Sturdy Pants	x2
• Sturdy Overshirt	x2
• Warming Layers (Thermals)	x2

• Appropriate Headwear	x2
• Rain Jacket	x1
• Rain Pants	x1
• Appropriate Gloves	x1 pair
• Underwear	x4
• Undershirt	x4
• Hiking Socks	x3 pairs
• Athletic Socks	x3 pairs
• Boot Laces	x2 sets

Camp Gear

• One-person Tent	x1
• Sleeping Mat	x1
• Sleeping Bag	x1
• Trench Tool, folding	x1
• Machete	x1
• Lantern, 300 lumen	x1
• Tarp, 6'x8'	x1
• 550 Paracord	x1 300yd pack
• Multitool	x1
• Sewing Kit	x1
• Solar Electronics Charger	x1

Hiking Gear

• Hiking Pack, 65L	x1
• Waterproof Bag	x3
• Pack Cover	x1
• Water Source	x1
• Headlamp/Flashlight	x1
• Glow Belt	x1

Hygeine & Health Gear

• Toothbrush & Paste	x1
• Field Wipes	x3 packs of 75
• Bug Spray	x1
• Sun Block (if needed)	x1
• Foot Powder/Spray	x1
• Soap	x1
• Chapstick	x1
• Razor & Cream	x1

- Deodorant x1
- Hand Sanitizer x1

Medical Gear

- Personal Medication x1 30 day supply
- Individual First Aid Kit (example is "Sportsman Whitetail Medical Kit" from Adventure Medical Kits)

Wound Care/Sprain/Blister

- (1) Easy Care First Aid Card
- (1) 10cc. Irrigation Syringe with 18 Gauge Tip
- (3) Butterfly Closure Bandage
- (1) Skin Tac Topical Adhesive Wipe
- (6) Antiseptic Wipe
- (3) Triple Antibiotic Ointment
- (1) 3" x 3" Petrolatum Dressing
- (2) 2" x 2" Sterile Gauze Dressing, Pkg./2
- (2) 4" x 4" Sterile Gauze Dressing, Pkg./2
- (2) 3" x 4" Conforming Gauze Bandage
- (1) ½" x 10yds Tape
- (1) 2" Self-Adhering Elastic Bandage
- (1) Triangular Bandage
- (4) Knuckle Fabric Easy Access Bandage
- (6) 1" x 3" fabric Easy Access Bandage
- (1) Pre Cut and Shaped Moleskin (14 pieces)
- (2) Alcohol Swab
- (1) Cotton Tip Applicator, Pkg./2

Stop Bleeding

- (1) Easy Care First Aid Card
- (1) 5" x 9" Trauma Pad
- (1) Pair Nitrile Gloves

Medication/Instrument/Manual

- (1) Wilderness and Travel Medicine: A Comprehensive Guide by Eric A. Weiss, M.D.
- (1) Easy Care First Aid Card
- (3) After Bite Sting and Bite Relief Wipe
- (1) 4" EMT Shears
- (1) Splinter Picker/Tick Remover Forceps
- (2) Aspirin (325 mg), Pkg./2
- (2) Ibuprofen (200 mg), Pkg./2

- (2) Antihistamine (Diphenhydramine 25 mg)
- (2) Acetaminophen (500 mg), Pkg./2
- (1) Patient Assessment Form
- (1) Pencil
- (30) Safety Pin

This is just an example, and just a single general member's list. Medics will have more medical equipment, Captains will carry communications equipment, Navigators will have maps and map pens, Scouts will have binoculars and lighter packs, etc. Full example gear lists will be listed in Appendix E, Section 1 (pg. #).

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1-E-4-b – DANGER LEVELS

Action plans are essential if you want to be able to get into gear as smoothly and quickly as possible. In an emergency, there is little to no time to waste. Every second counts, and it can take a long time to spin your wheels in the mud if your unit doesn't have a plan. In the mean time, precious time is wasted and people are put in danger as a result. Long story short, you have two choices: have a plan ready and have a chance of success, or fail. Don't leave room for error, and don't doom your unit to failure. In times of crisis, there are no do-overs. There is no respawn timer. If you slip up, you could get people killed or injured grievously.

Begin crafting a plan now, even if you are totally isolated from danger in the Alaskan wilds. It cannot hurt you to have some idea of what to do if you find yourself or others in danger. It does not have to be a complicated series of branching choice paths or a flow chart that looks like a microscopic circuit diagram. For more info on how to craft a plan, see Part 1, Section D, Subsection 2 (pg. #).

This section will focus mainly on how to create an action plan specific to your unit's operation and needs. This is a process of planning your unit's ability to get ready and act out the preemptive plans we learned in Section D. It is a simple flow chart that tells members how to organize and how to get their unit ready to start. There are multiple layers with simple plans for escalating levels of danger for the unit. Here, we will discuss a simple escalating danger level, with easy to understand specifics.

Danger Levels

- **Level 1 - "Clear"** - No imminent physical danger to unit. Plans can be enacted with no interference. "All clear."
 - Emergency situation has not unfolded yet.
 - This is the ambient level of danger for your environment.
- **Level 2 - "Alert"** - Very slight chance of physical danger to unit, and plans may be impeded. "Remain alert."
 - Emergency situation is on the horizon.
 - People are beginning to get nervous, aggression is possible.
 - Example: a hurricane has formed off the coast and might come your way.
- **Level 3 - "Caution"** - Slight chance of physical danger to unit, and moderate probability that plans will be impeded. "Exercise caution."
 - Emergency situation is close at hand.

- Panic has settled into the population.
 - Aggressive tendencies are much more likely to manifest here.
 - Example: hurricane has moved toward your city and if it doesn't change direction, it will hit soon.
- **Level 4 - "Danger"** - Moderate chance of physical danger to unit, and high probability that plans will be impeded. "Danger likely."
 - Emergency situation has struck.
 - People in the area are beginning to flee, hide or bunker down.
 - Aggressors will almost certainly begin to look to cause trouble here.
 - Example: pre-hurricane rains have begun to fall and wind is picking up. Signs of storm escalating.
- **Level 5 - "Emergency"** - High chance of physical danger to unit, and extreme probability that plans will be impeded. "Calling emergency."
 - Emergency situation has escalated and does not slow down.
 - People cannot move from shelter without danger to themselves.
 - Example: hurricane has escalated -- both high winds and heavy rain begin to batter your city. Signs of floods.
- **Level 6 - "Crisis"** - Physical danger is a guarantee, plans will certainly be impeded. "In crisis."
 - The emergency situation has begun to destroy people's bunkers and hiding places.
 - People, even in shelter, are in extreme danger.
 - Example: flooding from the hurricane is beginning to force people out of their homes and into the devastating storm.

The Captain will have to assess the danger level your area is under. In order to properly assess the danger level, the Captain must confer with the entire unit to gather information from the entire team. This will help the Captain determine if the problem is an isolated incident or if emergency procedures need to be enacted. When it comes time to make the call, the Captain and Lieutenant must agree to enact emergency plans.

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1-E-4-c – ACTION PLANS

Once the unit is in agreement on a sufficient danger level, and emergency procedures have been enacted by the Captain and Lieutenant, you have to have an Action Plan to get the unit together to begin your PACE plans. The goal here is to navigate the current danger, gather the unit in a single place before you can even get to your PACE procedures. This is usually a simple plan in design, but rather tumultuous in execution; many variables will present themselves for each step in your plan and could derail it altogether if you don't have sufficient backups. That is why it is imperative that you get on track ASAP. There is no time to waste when the Action Plan gets enacted.

So there are three basic phases where action plans are considered.

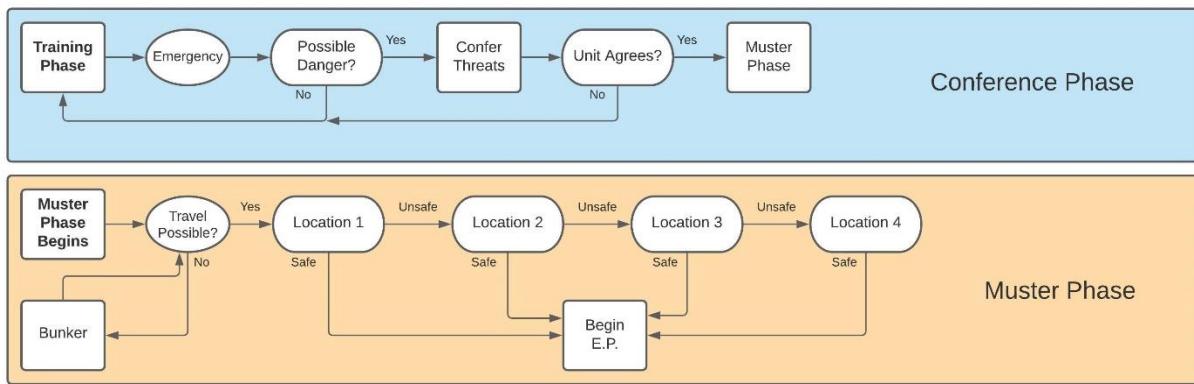
Action Plan Phases

Phase 1: Training Phase - This is the ambient phase, where nothing is going on but regular unit preparations and training.

Phase 2: Conference Phase - On the event of an emergency, the Captain will confer with the Lieutenant. If they think there is a possible danger to the unit, they will confer with the rest of the unit to verify. If the unit is in agreement on the danger being present and pressing, then the Captain will call a move into the next phase.

Phase 3: Muster Phase - This is the dangerous part of the Action Plan. This is moving people from their respective shelters, homes or bunkers, and into a consolidated location to meet up. If the danger is pressing enough, the Captain can determine that it is unsafe to move yet. He will instruct the unit to bunker until further notice. Once the Captain and the Lieutenant confer and agree that travel is safe enough, they will direct the unit to move to the first location the unit has selected for its primary rendezvous point. If it is safe and all members have mustered, then Emergency Procedures can begin.

Members first arriving to the sites will stay in touch with leadership so if it is determined to be unsafe, they can call to move to the next location. If no locations are determined to be safe, then the Captain can call another bunker order until a new, safe location can be selected.



(Appendix E, Figure 1)

As members begin to show up to sites, the Lieutenant will take a roll call. Once the unit is fully mustered, then the Captain and Lieutenant confer with the rest of the unit to discuss how to proceed. Likely the unit will decide to continue on to Emergency Procedures, but it may also be good to muster once to get a head count, check on everyone and distribute supplies to unit members before bunkering down again. It is all up to the unit, and decisions like that should be put up to a vote. The Captain is the last to vote, and breaks any tie.

1-E-5 – ESTABLISHING COMMUNICATIONS

In unit operations, communications is absolutely vital! I cannot iterate clearly enough just how important being able to communicate within the structured unit you are creating is. You will need a direct line of comms to all people in your unit at all times, regardless of the situation or danger present. Being cut off from your unit is deadly if the circumstances are dire enough. If you lose communications, get them back at all costs. If that fails, you need to get back in direct contact with your unit as soon as possible to try to establish new comms.

Now when we say communications, you may imagine an old-school radio backpack on the back of the radio operator of an infantry platoon. You know, with the big antennas and goofy headsets, just an absolute target for enemy snipers. That's not how modern comms is or needs to be. At the moment, we are in contact with the entire globe at once, and can send messages directly to anyone within milliseconds. We have sophisticated cell towers, signal distribution hubs, satellite networks, headend fiber nodes, and a vast infrastructure that allows this. In an emergency, that infrastructure may actually still be functional. Think of it; you could be a network of volunteers in an area rocked by an earthquake communicating over Discord. You could have a Skype session open with live feeds from all your individual unit members at the same time. It is a concept that is possible if you're still able to access cell towers or the Internet.

Now, if you find yourself in a scenario where there is no cell towers viable, or no Internet access, you will need to rely on some more traditional short-range methods of communications. To get ahead of this network-less scenario, go ahead and get some standard comms ready. I'm talking about RF communications. To keep it simple enough for beginners to pick up, let's break this down into a few simple steps to get your unit on radios and yakking at each other.

Step 1: GET A RADIO! - Decide on a radio for the unit to use. In the "Gear List" chapter, we listed the Midway GTX1000VP4 as gear required on the example gear list. It's a good starter radio for one reason; it is *everywhere*. If you really get in a pinch, you can find one of these at basically any department or sporting good store. If you've got more time on your hands, look into the Baofeng UV-5R; it's like \$20 and it has nearly twice the broadcast power. Keep in mind, however, most places will take a while to ship one of these to you. You all can pool resources to ensure that each member of the unit is equipped with one of these bad boys.

Step 2: SET YOUR CHANNEL AND PRIVACY CODE! - Once you all have a radio, decide on a channel to use. Have everyone tune to that channel. Some radios allow for specific frequency instead of set channels. Make sure that everyone has their radio set to the same channel. Also utilize the privacy code setting as well. It

is not extremely effective encryption, but it is effective for most situations. Works the same way as channels; make sure everyone is set to the same code.

Step 3: DO YOUR RADIO CHECKS! - Once you have a set channel and privacy code, test out the comms for every member. Spread out until you are out of earshot of each other and have each member sound off. If everyone can hear everyone else, then you are all set. Do this every few hours or more frequently if you find it necessary.

Step 4: GET SOME LONGER-RANGED EQUIPMENT! - This will be the job of the Captain, Lieutenant and Navigator. While handheld radios can work in a pinch, if you're in an area of operations larger than a few miles in diameter, you will need some beefier comms equipment. HAM radios are ideal for this, but the setup and execution are extremely unfriendly to beginners. Another cheap Midway radio setup can work for you here. Look for the MXT115VP3 MicroMobile. It comes with a signal boosting antenna as well as a more robust transceiver. This can go in a car, house, or simple battery hookup, with a clip and can increase your comms range by quite a bit. Especially critical if your scouts are more than a few miles away. If your operation area is big enough or if filled with obstruction like a forest or a city downtown area, get a bigger antenna.

Step 5: CHANGE CHANNELS AND CODES FREQUENTLY! - Every day or half-day, randomize your unit's channel and privacy code. DO NOT USE A PATTERN; random numbers only. Get a number randomizer installed on your phone if you have to. Patterns are easy to pick up and your signal will already not be secure for prolonged periods of time.

Step 6: KEEP CHATTER TO A MINIMUM! - In a standard operation or aid effort, radio silence should be observed unless it is critical information being delivered. When rendering medical aid or trying to remain silent, it is absolutely critical that no one clog up the channels.

Step 7: UTILIZE A RADIO FRIENDLY ALPHA-NUMERAL SYSTEM! - Radio speak can be fuzzy, distorted and come in and out. Memorize a phonetic alphabet and numeral system for use when relaying numbers or letters over radio. The NATO phonetic alpha-numeral system works great for this! Make sure you really enunciate these, as even with an easily recognizable system, it can be garbled over radio. Another radio courtesy rule is that you do not read complex numbers or words if the message is vital. Give a half-breath pause between each character. Here is an example: "Fuck 45" would be "Foxtrot.. Uniform.. Charlie.. Kilo.. Foh- wer.. Fife." Or another example: ACAB is "Alpha.. Charlie.. Alpha.. Bravo."

Radio comms can get a lot more complex than those listed above, but don't worry about that at the moment. Get everyone in your unit to understand these basics, get some compatible comm gear and you will be all set.

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1-E-5-a – RADIO ETIQUETTE

There are a lot of rules regarding radio comms in most organizations. Each one can have its own alphabet, lexicon and rules. But for a beginner, you don't need to be overwhelmed with a giant list of radio communications etiquette. Again, you don't have to use these, but it can make your transmissions a bit more intelligible to those receiving it. But, if you're going to be talking to people outside your group who may not understand your lingo, you need to understand simple radio etiquette.

Example of a radio check and a simple breakdown:

MESSAGE 1: Captain to Lieutenant

Radio: "Banshee 2, this is Banshee 1. Radio check, over."

English: "Marla, this is Davie. Can you hear my message?"

Structure: (Code name being addressed,) this is (Code name delivering message).(Order to report back on radio signal strength.)(End of message, need response).

MESSAGE 2: Lieutenant to Captain

Radio: "Banshee 1, this is Banshee 2. Read you loud and clear. Over."

English: "Davie, this is Marla. I can hear you clearly and there is no static."

Structure: (Code name being addressed,) this is (Code name delivering message).(Report of radio signal strength.)(End of message, need a response).

MESSAGE 3: Captain to Lieutenant

Radio: "Copy that. Maintain radio silence. How copy? Over."

English: "I heard you. Keep the lines clear. Do you understand?"

Structure: (Confirmation of message delivery).(Message with orders).(Return affirmative).(End of message, need a response).

MESSAGE 4: Lieutenant to Captain

Radio: "Solid copy. Wilco. Out."

English: "I heard you. I understand and I will comply."

Structure: (Confirmation).(Acceptance of orders).(End of message, do not respond).

I tried to break it down as best as I could, but there are some things that will feel unnatural to you as you begin your journey down this path of clear, concise radio transmissions. Once you get used to it, it's not so bad. It will become essentially another language to you and will come naturally.

For your reference, here is a list of simple pro-words for beginners:

Radio Check	Can you hear my message clearly?
Go Ahead	I hear you and I am listening for your message.
Stand By	I hear you but I cannot respond right now.
Roger	I heard you and understand you.
Negative	No.
Affirmative	Yes.
Say Again	I need you to repeat your last message
Over	My message is over, please respond.
Out	My message is over, please do not respond.
Break, Break, Break!	I am having an emergency, halt communications.
Read you loud & clear	If asked for a radio check, this tells the asker that you received their message clearly. Can also say "I read you 5-by-5," where the message is clear and free of static. On the other end, "I read you 1-by-1" means "I can barely hear you and there is a lot of static."
Come in	Do you hear me? Please respond.
Copy	I heard your message and understand.
Wilco	I heard your message, understand it, and I will comply with your direction.
Repeat	Say before a phrase or item you repeat. "Sighted on fifth street, repeat fifth street. How copy?"

We will cover more intricate radio communications a little later in this manual. See Appendix E, Section 4 (pg. #) for more useful pro-words.

1-E-6 - CONCLUSION

Overall, the first thing a beginning Defender needs to understand that we are all in this together. Your unit needs to be your family. You need to be surrounded by people that you would be willing to put in charge of your safety and vice versa. Without a solid support structure, a Defender's ability to perform their duties is severely reduced. It doesn't matter what the emergency is, or what the type of danger is; you should be able to depend on one another in any circumstance. People who will need your aid need to be able to depend on you. There is a lot of burden to bear, and it is your unit's job to shoulder it together.

If you remember these simple rules, then you are off to a good start. Just do not forget that while we are all only human, with our combined desire for good-doing and willpower, we can overcome any obstacle. Natural disasters, famine, strife, and conflict; none of these things will be the end of your community if you work together and help one another. With the help and teaching your unit can give others in your community, you can make it through anything. You can teach others to do the same. Don't let your unit lose sight of this spirit, it is what brought you here in the first place.

PART 1, CONCLUSION

Author(s): Chowa

Editor(s): gdogabbott

Now that you've read through the basics of the Defender's toolbox, give yourself some time to absorb it, and take its principles into your mind. Re-read it a few times and let it soak in before beginning Part 2. Topics will get more complex and cumbersome from here. Newbies, please give your brain a rest and check your knowledge of Part 1. We want you to be sure that you will be at full readiness, and it will be hard for you to do that with your brain muddled. There are going to be scores and scores of new information fighting for space in your memory banks already.

If you have given yourself some time and feel like you really know your Part 1 stuff, get ready. Part 2 is going to expand on all of it and more. Part 2 will complete your individual Defender toolbox, and it will be quite heavy by the time we're done.

APPENDIX A - FITNESS

PART A-1

A-1-1 - Measurement Sheet (pg. 21)

The Enemy Is Training, So Should You

Measurements

Start:

Name	
Height	
Age	

Bio-Male CV = waist - neck

Bio-Female CV = (waist + hip) - neck

Day #	Date	Weight	Waist	Hip	Neck	Circumference Value	BF %
1							
14							
28							
42							
56							
70							
84							
98							
112							
126							
140							
154							
168							
182							
196							
210							
224							
238							
252							
266							
280							
294							
308							
322							
336							
350							
364							

A-1-2 – Maximum Repetitions Sheet (pg. 22)

The Enemy Is Training, So Should You

Maximum Repetitions

Start: _____

Month #	Date	Upper Body			Core			Legs			Cardio		
		Pushup	Pullup	Chinup	Bar Dip	Crunch	Plank	Flutter Kicks	Vertical Jumps	Air Squats	Jump Squats	Jog	Burpees
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													
19													
20													
21													
22													
23													
24													

A-1-3 – First Month Sheet (pg. 23)**The Enemy Is Training, So Should You**

Start:			
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The First Month

Week	001	002	003	004	005	006	007
1	AM	PM	AM	PM	AM	PM	AM
Pushup	O	O	O	O	O	O	O
Crunch	O	O	O	O	O	O	O
Plank	O	O	O	O	O	O	O
Air Squat	O	O	O	O	O	O	O

Week	008	009	010	011	012	013	014
2	AM	PM	AM	PM	AM	PM	AM
Pushup	O	O	O	O	O	O	O
Crunch	O	O	O	O	O	O	O
Plank	O	O	O	O	O	O	O
Air Squat	O	O	O	O	O	O	O

Week	015	016	017	018	019	020	021
3	AM	PM	AM	PM	AM	PM	AM
Pushup	O	O	O	O	O	O	O
Crunch	O	O	O	O	O	O	O
Plank	O	O	O	O	O	O	O
Air Squat	O	O	O	O	O	O	O
Burpee	O	O	O	O	O	O	O

Week	022	023	024	025	026	027	028
4	AM	PM	AM	PM	AM	PM	AM
Pushup	O	O	O	O	O	O	O
Crunch	O	O	O	O	O	O	O
Plank	O	O	O	O	O	O	O
Air Squat	O	O	O	O	O	O	O
Burpee	O	O	O	O	O	O	O

(Disclaimer: Be sure to read the guide associated with this spreadsheet.)

The Enemy Is Training, So Should You**Phase 1: Foundation**

		EXAMPLE											
Week	001	002	003	004	005	006	007	Start:					
1	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM
Pushup	O 25*3	O 25*3	O 25*3										
Crunch	O 25*4	O 25*4	O 25*4										
Plank	O 60*3	O 60*3	O 60*3										
Air Squat	O 25*3	O 25*3	O 25*3										

Week	008	009	010	011	012	013	014						
2	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM
Pushup	O 30*3												
Crunch	O 30*4												
Plank	O 65*3												
Air Squat	O 30*3												

Week	015	016	017	018	019	020	021						
3	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM
Pushup	O 35*3												
Crunch	O 35*4												
Plank	O 70*3												
Air Squat	O 35*3												
Burpee	O 25*3												

Week	022	023	024	025	026	027	028						
4	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM
Pushup	O 40*3												
Crunch	O 40*4												
Plank	O 75*3												
Air Squat	O 40*3												
Burpee	O 30*3												

EXAMPLE **EXAMPLE** **EXAMPLE** **EXAMPLE**