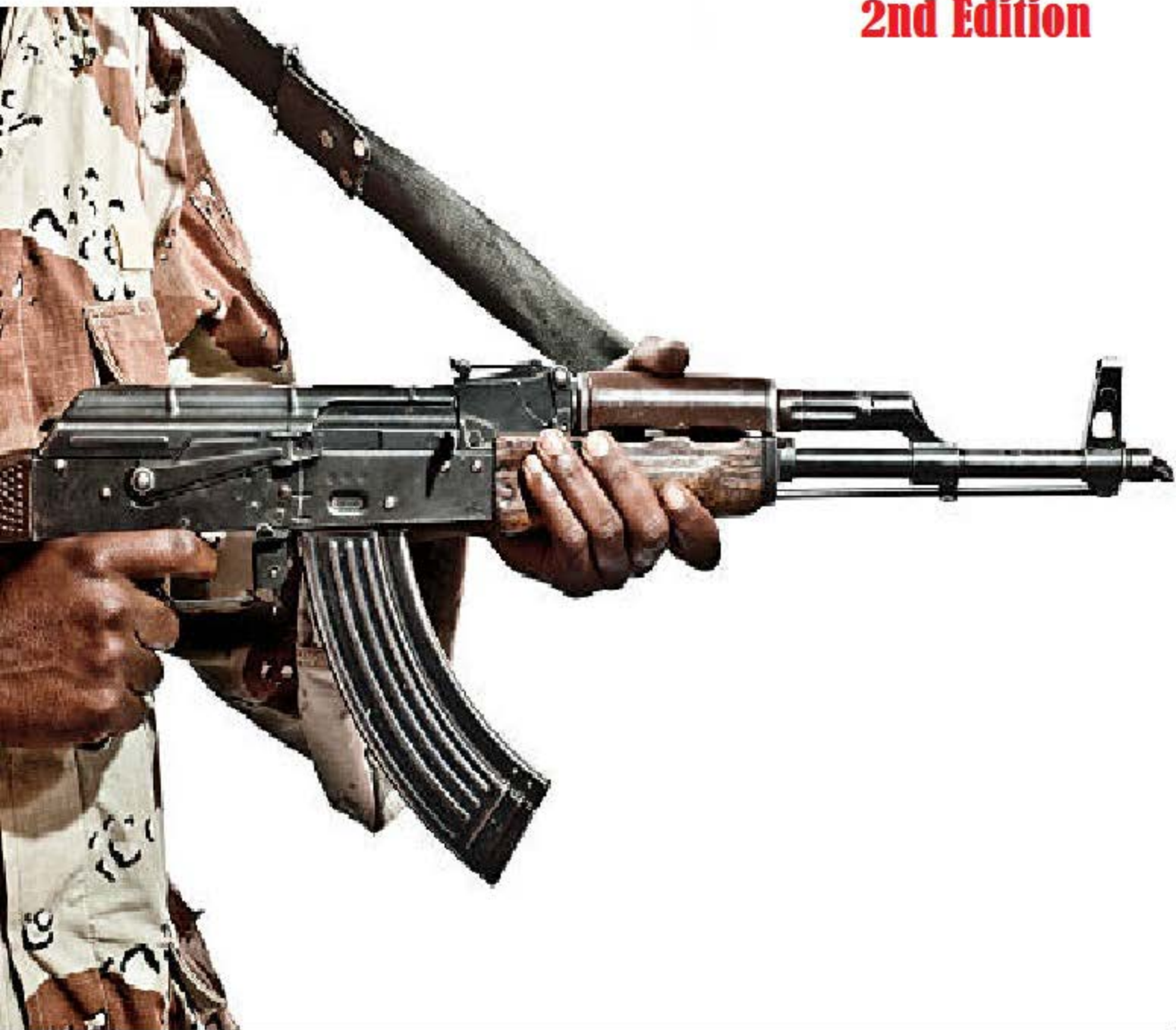


MINI MANUAL OF THE CLANDESTINE CELL

2nd Edition



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The goal of this book is to inform the public on how a small clandestine cell can help its people resist an oppressive invader.

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Chapter 1

Introduction

This book will cover how a handful of determined individuals can join together as a clandestine cell to resist a largely superior invader. It covers the principal areas to help a small unit get the skills necessary to be a significant resistance.

The resistance: A resistance is simply political activism on the extreme of the spectrum against an invader. The main task of the resistance is political activism, winning over the population.

There are three (3) conditions that need to be met for a successful resistance:

1. There are no other alternatives or peaceful solutions possible
2. The cause is compelling to the people
3. There is a reasonable expectation of success

A successful resistance needs two (2) wings to be successful

A successful resistance needs a political wing and an armed wing; both wings should work hand in hand behind the scenes. The political wing works on the public stage and has mainly a political and propagandist purpose. The armed wing works underground and takes direct military action against the enemy. The political wing should distance itself from the armed wing to be able to challenge the enemy on the public stage and to be able to frame any action taken by the enemy against the political wing as a form of unjustified oppression. The armed wing should also have its own political representation and propaganda apparatus that is working independently from the political wing.

The political wing: It consists of students, lawyers, a political organization, charities and other civilians.

Its objectives:

- Polish the image of the resistance
- Discredit the enemy
- Mobilize the population

How it achieves its objectives:

- Petitions
- Amassing funds
- Boycotts
- Popular demonstrations
- Informing friendly journalists of the situation
- Spreading the truth

The armed wing: It consists of anyone who wishes to fight for the cause

Its objectives:

- Discredit the government
- Destabilize the government
- Mobilize the population
- Gain credibility/influence

How it achieves its objectives:

- Sabotage
- Successful attacks
- Propaganda
- Supporting the population

Three (3) phases of the resistance

A resistance evolves in phases. The 1st phase is about building the foundation of the movement, the 2nd phase is about taking guerrilla actions and the 3rd phase is about direct confrontation of the enemy.

Phase 1: Organization and preparation

- Building cells
- Recruiting members
- Infiltrating organizations
- Creating front groups
- Spreading propaganda
- Attacking the enemy covertly
- Stockpiling weapons and equipment

Phase 2: Guerrilla warfare (escalation of the attacks)

- Kidnappings
- Attacks
- Sabotage
- Raids
- Ambushes
- Setting up a parallel government in the controlled territory and offering social services

Phase 3: Conventional warfare

- Regular formations and maneuvers to capture key geographical and political objectives

Chapter 2

Operational Security

Operational security and secrecy are the most important factors in the survival of the resistance and the success of its operations. Security is dynamic and evolves quickly, being aware of the latest techniques or innovation is mandatory. Being aware of what is going locally and abroad, following the news, keeping updated on current events and trends is a necessity.

This chapter will cover personal security, electronics, messengers, meetings, safe houses, transportation, equipment management, cover stories, forensics, undercover agents and more.

Personal security

Resistance fighters need to remain unknown to the public and to the enemy. They must not talk in public places. Must not tell anyone they are part of a movement, not their friends, family, coworkers or wife. They must avoid expressing political opinions. They must not be seen at public marches, demonstrations or protests without being disguised or have his face covered. They must not be seen in company of others who openly support the cause. They must avoid intoxicants, they can loosen his lips and secret might slip out of his mouth. They need to find a balance between negligence and paranoia, as both are a nuisance.

The resistance fighters must mix with the local population. They must dress like them, talk like them, live like them and not express any political opinions. They must not suddenly change their appearance, as this too will bring attention to them.

If possible, only the leader of a resistance group should know the real identity of resistance fighters under him unless other fighters need to know for an operation or other purposes.

Using electronics

Cellphones, laptops, computers and other devices are constantly recording a vast amount of information. It records what its user searches online, his contacts, where he has been, sounds and images, even when it seems that the device is turned off or that it displays that it is not recording. The only secure way to guarantee that a device is not recording anything is by removing its battery.

The enemy has the power to track any electronic device that has connection to any network, whether it is connected to a satellite, a cellphone tower or the internet. The devices can also record while it is not connected to a network and then transmit the information gathered offline once it connects to a network.

It is better to avoid using a device that can connect to any form of network if possible or to limit its use to essential purposes.

It is important to completely separate personal devices from operational devices.

Every member of the resistance should know how to use encryption when web browsing, encryption for phones, email, messages, how to use password management software and also to strip documents, images and other types of files of its metadata. Metadata has information embedded in electronic files about who interacted with the file. It is important that resistance fighters keep up to date with the latest techniques regarding security since it changes extremely fast. It is important to know that if the enemy finds a device with heavy encryption, he will most likely investigate. For this reason, it is important that the fighters remain discreet about their use of encryption.

Using a cellphone

Cellphone are a necessity and can be used in a secure manner if the following guidelines are followed:

- Prepaid phone without links to any resistance fighters should be used.

- The phone should be changed periodically.
- Phone numbers should be memorized and if they are written down, it should be coded.
- Talking about operational matters should be limited the essential and code words should be used.
- Encryption software should be used.
- When not in use, the battery should be removed.
- The resistance fighter must confirm who he is communicating with before transmitting operational information.
- The operational phone should never be used near any personal device or other operational devices since the phone could detect it and record which device was nearby. It should never be used in a facility belonging to the resistance or to one of its member's personal property.
- It is a must to remove the microphone and speakers and to cover the cameras of the cellphone. An external microphone and speaker should be plugged in when needed. This way, the cellphone is not able to record anything unless meant to.

Using a messenger

This technique is about using someone to physically transmit messages between other fighters.

- The receiver should know who should deliver the message
- It must be determined when and where the message will be delivered
- A public place or a place that will not raise suspicion must be selected
- The fighters must know the location where the message will be delivered

Meetings

Meetings are necessary to discuss specific points, share equipment or to prepare an operation.

- It is much safer if the leader of an operation meets the fighters one at a time on different occasions
- The fighters concerned should know the subject of the meeting beforehand
- The time the meeting starts and ends must be defined
- Meetings should only be done if absolutely necessary
- All the fighters must have cover stories for the meeting
- Having documents and clothing supporting the cover stories is always a good idea
- The fighters must be able to monitor who enters and exit the area
- The fighters should always have a contingency plan if the enemy comes to raid the meeting. Will they fight, escape, or surrender? How will they do it?
- Electronics devices at the meeting must be forbidden, it is mandatory to search any members attending the meeting for electronics. The minimum caution is to remove any batteries from any devices
- Fighters should reach the meeting point one by one and leave one by one to avoid being seen together
- Routes to the meeting should be planned so the members can detect anyone doing surveillance on them
- Routes leading to the meeting point should not be direct
- The meeting location should have many escape routes
- The meeting location should not draw suspicion
- The meeting location should be different every meeting

- Location where there is a lot of noise, making it hard for someone to record the meeting or to overhear the conversations is always a good idea. A radio for that purpose or a location with running water in the background can also be used.
- The meeting should not be in a crowded place to avoid anyone overhearing the conversation
- There must be an alternative meeting location in case it is impossible to meet at the first location
- The fighters ' meeting should have a signal to show if one is being followed or under surveillance. The signal should be simple and undetectable by any surveillant, like wearing a scarf or having a jacket open/closed.
- Nothing related to the matter that was discussed or the identity of the fighters should be left behind.

Codewords

If a resistance fighter ever uses a phone or a radio, they should use codewords to make it seem like they are having a casual conversation. The enemy has softwares that look for specific words being used during a phone call or when someone is using a radio to know if it is of interest for them. Code words should be changed over time to make sure that the enemy doesn't start to understand the meaning of the words.

Safe house

A safe house is a location that can provide secure shelter to the resistance. The safe house is the location that can be used to store weapons, hold meetings and prepare for an operation.

- A safe house must be rented by providing a fake name and using cash to pay the landlord, like a storage unit

- An area where there is a dense population to mask the coming and going from the safe house is always a good idea
- The entrance and exit should not be controlled
- Nobody should know about the safe house except the people that need to know
- The safe house needs a cover story to tell the owner and the neighbors if necessary
- Resistance fighters need to stay in good terms with the neighbors and landlord
- The safe house should not stand out, a system where the lights go on and off at specific times to simulate someone living there can be used
- No traces should be left in the safe house, no fingerprints or food/garbage behind since it could be used to identify the resistance fighters with DNA samples taken from it.
- The safe house should only be used when necessary
- The same person should always be used to interact with the landlord and neighbors to avoid exposing other fighters for no reason and to avoid raising suspicion.
- If the safe house is used to move a lot of material, it is recommended to choose one with a garage to move material from the car/truck to the safe house without being seen carrying material.
- Incriminating material should be concealed in the safe house when not in use since the landlord or the enemy could visit it at any time without you knowing.
- A safe house where it would be normal to simply pass by it in case it is not safe to enter it should be chosen
- There must be a way to signal that the safe house is safe or not. e.g. placing a flower pot in a certain way to indicate it is safe or using the curtains as a sign.
- A safe house can also be a hotel room rented for a day, paid in cash

Public transportation

Public transportation can be a great way to travel since it can be done by anyone, at any time and can easily be used anonymously.

- The route should not subject to frequent checkpoints
- Main stations or stops should be avoided since they face the most surveillance
- Resistance fighters should have a cover story and the clothing and documentation matching it
- If they carry suspicious goods, they must place their luggage among other passengers' luggage so that if it's found with evidence, it will not be linked to them
- If using a taxi, they should not start a discussion about politics and not reveal personal information
- They must pay in cash to pay their fare or anything else that they buy along the way
- They should not travel at night since this will raise suspicion and since there are more security checks at that time

Private transportation

Private transportation permits more freedom to travel and can be much faster than public transportation, but it should be used with caution since a vehicle is easily identified.

- The fighters must have the proper permit and not violate traffic rules
- They must make sure the vehicle is in good condition, to check the gasoline level, oil level, etc
- They must not park the vehicle in a suspicious location
- They must park in a location where it is easy to escape from

- The vehicle should be stolen or bought using forged documents, especially in risky operations
- Only have one fighter to buy or steal the vehicle
- The color of the vehicle can be changed prior to an operation for an extra security layer
- If transporting equipment, the fighters must hide it properly to make it hard to find if there is a search of the vehicle.
- They should have a forward observer, someone who travels far ahead of the vehicle, to notify the other fighters of any security checkpoints or incidents on the way
- The vehicle should be properly cleaned of any evidence. This will be explained in more details later in this chapter in counter forensics.

Hiding the equipment

Illegal or suspicious equipment need to be stored in a secure manner.

Since the resistance fighters need to avoid being caught by the enemy, their equipment should be hidden and in a way that if it's found, it cannot be traced back to them. Nothing should be stored in their own property or car as it can be found and will directly be linked to them. The equipment can also be hidden in various public places and even put in a cache. They should never keep anything incriminating in their home.

There are many creative ways to hide equipment, the fighters need to think about them. e.g. some fighters in Iraq would put the equipment in the trunk of a stolen car and park the car in a public parking. They would also move the car regularly. Another example is the IRA who would put fake pipes containing equipment in a public place, e.g. in underground parkings.

The equipment should be stored in a proper manner to make sure it is not damaged by the elements like water, heat or humidity. Only fighters who need to know about the location of the equipment should know about it.

Cache

A cache is for storing equipment that is not for immediate use, either for long term storage or as a backup if equipment is lost or destroyed and need to be replaced.

For a cache, the fighters need to remember where they buried it. The items should be spread out in case one cache is discovered, not all the items will be lost. The cache should not be in an area with high foot traffic or an area with no visible landmarks to locate the cache. The fighters can take a coded note of the area of the location of the cache and hide it somewhere safe. All the items should be handled with gloves to avoid leaving fingerprints. The equipment should be placed in a thick hermetic plastic bag to avoid getting wet and the bag needs to be sealed afterwards.

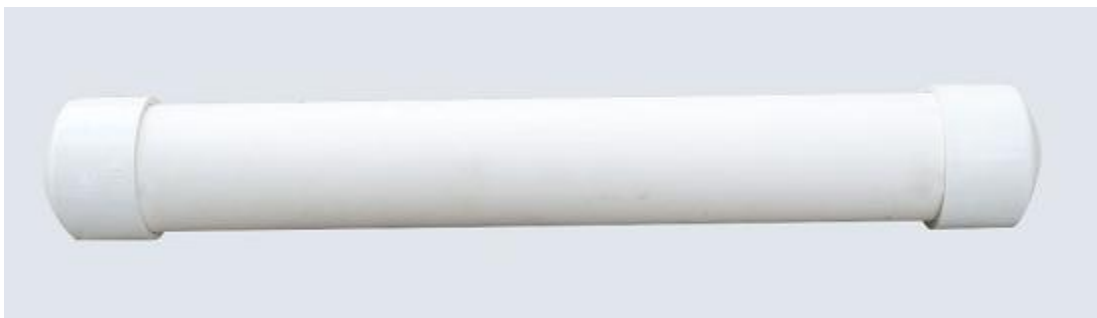
Cache container production

This form of cache is basic, easily done, safe and can be stored almost anywhere.

Equipment for the cache: Four (4) inch thick PVC pipe, two (2) adapters for each end of the pipe, two (2) end caps for the adapters, PVC primer and PVC cement.

Instructions: The area of the adapters that slip on the PVC pipe should be coated with the PVC primer. After doing so, PVC cement should be applied over the PVC primer. The adapters should then be slipped on the PVC pipe. It should be left to dry. The end caps can now be screwed to the end of the adapters and the cache is ready to be buried after the equipment is placed inside.

The final result should look like this:



Cover story

A cover story is a fake story to hide undercover actions in a plausible manner. A cover story is mandatory when doing an operation. It prevents the enemy from detecting the ongoing operation and removes any suspicion from the fighters. For example, if a fighter is doing surveillance in the centre of a city, he could prepare a story about shopping for clothes and act accordingly while doing surveillance. It is important since it is impossible to always detect if a fighter is under surveillance and acting according to a cover story can counter that.

Short interview

The enemy forces can conduct a short interview to ask more information about the reason a fighter is in the area and to identify him. Generally, it would happen at a checkpoint.

The enemy will focus on body language, behavior, and mannerisms to know if the fighter is being truthful or if he is lying or withholding information. The enemy will ask the member the reason of his presence in the area. They will inspect what the member has on himself and in the vehicle. They will look up the fighter's identity in their databases. They may even inspect the fighter's electronic devices. They will verify the information the fighter provides them to see if he is truthful. They might even lookup for the fighter's social media profiles. They may search his belongings for drugs, weapons or any signs of criminal activities. They will also lie about having information related to the fighter or use different types of deceptions to make the fighter talk.

Countering the interview

The fighter needs a coherent, well-rehearsed and plausible cover story. He must have simple and plausible answers to their questions. He must know how to answer the question: Why are you here? He must make sure that his belongings fit his story and that there is nothing incriminating on him.

He must make sure he is prepared but must not sound like he is prepared to answer the questions or as if he were reading a script. He must demonstrate some anxiety symptoms. He must not give more information than necessary and keep his answers simple.

The fighter must maintain his cover story at all cost. Even if the enemy thinks that he is lying, he must maintain the same story. The enemy will most likely let him go if he holds to his story.

Suspicious signs about a cover story

They are various signs that could bring suspicion on the cover story and they should be taken into account.

Behavior:

- Signs of nervousness
- Strange behavior
- Appearance of lying or withholding information
- Unusual itinerary

Identity:

- Lack of familiarity with the ID
- Unable to speak the language of the country who issued the ID

Belongings:

- Clothing, belongings inconsistent with the story, profession, etc.
- Unusual equipment
- Amount/size of luggage being carried

Buying equipment

For operations fighters will need to buy equipment, they should take precautions even when buying legal equipment.

For buying legal equipment

- Equipment should be bought at different stores to avoid raising suspicion on the activities.
- Cash should always be used
- If a fighter buys potentially suspicious material, he must buy it in small quantities and at different stores.
- He must have a cover story for the equipment he is buying

For buying illegal equipment

- The fighters must know the location where the purchase will take place and know the escape routes
- They must do surveillance of the location prior to the meeting to make sure the location is not under surveillance and that there is no enemy's personnel around
- The meeting should be far from government buildings
- The location should be in a place where it is not possible to be observed from another location. It should be in a location where the buyer and seller can observe the surrounding area.
- An alternative meeting place must be planned in case the first one cannot be used
- The chosen area should not be crowded
- The time of the transaction must not raise suspicion
- The fighters must have the storage location for the equipment ready prior to buying
- They must not tell the seller the reason they are buying something as the seller may be an informant
- Precautions should be taken to make sure the seller is not an undercover agent
- An inspection should be done to make sure the equipment is working since if it is an

undercover agent, he will most likely sell you unusable equipment

- Any meeting could be an ambush, precautions should be taken to detect it and a contingency plan should be prepared
- The fighters should leave as soon as the purchase is done

It is better to steal the weapons or illegal equipment to protect the identity of the fighters. Also, anyone who is willing to supply weapons to the resistance could be facing consequences. It is better if the fighters arrange a staged burglary to avoid any problems for that person and to avoid raising suspicion on him.

Moving the weapons/equipment

The equipment should be moved in a way that it remains undetected by the enemy. When moving incriminating material, the fighters must always have a point man, someone that travels far ahead, or vehicle that can warn the fighter transporting the weapons of checkpoints or other events ahead.

Here are some ways that it can be done:

- By concealing the equipment inside a vehicle
- Using a concealable equipment that can be transported using public transportation or on foot, in a bag, without raising suspicion.
- Having lookouts to help the fighters get the equipment position without being detected
- Moving the equipment at the desired position during the night, hide it, and at a later time, get the equipment in position. (e.g. Move the weapon at the position at night and the shooter moves during the day to get in position for an operation)

Investigative measures against the resistance fighters

The enemy will need to gather intelligence to uproot the resistance and they will use a vast arsenal of investigative techniques to do so. Heavy investigations will take place after an

operation.

Here are some of techniques:

- Checking for bruises caused by the recoil of a rifle on the shoulder
- Sniffer dogs trained detect gun powder residue
- Informants
- Forensic analysis (fibers, residues, ballistic analysis, ultraviolet light, Luminol, etc.). e.g. they will check the washing machine filter for gun powder residues and fibers.
- Wipes to detect gun powder residues
- Cameras with facial recognition
- Cyber surveillance. e.g. a fighter's cellphone can be used to know where he was and at what time, and can record his conversations and other sounds
- Verifying which electronic devices were connected to any network of an area at the moment of an operation

Counter forensic techniques

It is crucial to use counter forensics techniques to avoid detection and for the longevity of the fighters and the movement.

Everything can leave a trace behind. Even hair gel, gun powder residue and fibers from the sniper's clothes can be evidence against him. Traces can be transferred everywhere. e.g. the shooter uses a shirt at home, it will leave fibers there and if he uses the shirt during an operation, it will leave fibers at the scene and both his home and the shooting scene will be easily linked together. If the fighter leaves forensic traces behind him, he will suffer from interrogation sessions, suffocating surveillance, harassment from the enemy or be captured.

Here is a non-exhaustive list of counter forensic techniques that the fighters can use:

- Wearing gloves
- Wearing protective gear and a mask (like a nylon mask) when shooting, getting rid of the clothes as soon as the operation is over and taking a long bath to remove any residues.
- Cleaning the gun residue off the equipment
- Using clothing that doesn't leave fibers behind (e.g. Denim)
- Filing the serial number of the weapons
- Changing modus operandi (e.g. using different weapons, changing locations over a large area, never having a pattern) to reduce your operational signature.
- Hiding the weapon in a place that has no links to the fighters (e.g. a stolen vehicle in a public parking).
- Securing the weapon only moments before the attack and discarding it just as quickly
- Using dark clothes makes it more difficult to guess the weight and height of a member for witnesses
- Wearing gear to protect the joints to avoid the fighter developing bruises that could indicate that he is a shooter
- Leaving an area casually after firing a shot
- Using disguises if necessary (e.g. police officer, construction worker, or any disguise to change the physical attributes of the fighter, etc.)
- Avoiding being identified by cameras (e.g. wearing a baseball cap and sunglasses during an operation)
- Avoiding being seen pulling the trigger
- Having a cover story if the enemy interrogates the fighter
- When manipulating equipment for an operation, fighters must always use gloves, masks and clothing that won't be used afterwards to avoid leaving DNA or traces behind. Loading and cleaning the rifle with gloves to avoid leaving fingerprints on ejected cartridges or on the rifle and its internal parts.
- If the fighters can afford it, they must get rid of the equipment and clothing used during an operation. Burning is the safest way to erase any traces.

Counter forensic techniques for a vehicle

Any vehicle used for an operation should be either cleaned or destroyed.

To clean a vehicle thoroughly, the fighters should:

- Go to a car wash
- Vacuum the floor
- Wipe the seats
- Clean the mats and under it
- Clean everywhere and every cracks
- Clean the outside of the car including the wheels and under the car (dirt found on the operation site could be found and linked to the dirt under the car)
- Change the air filter
- Change the tires, as the traces of a tire is unique and could be linked to the traces found at the operation site
- The fighters can also pay for the professional car wash service and then wash it again themselves as an extra security measure
- Make sure he doesn't get spotted over cleaning the car as this will seem suspicious

Before and after an operation

All communication before and after the operation should be cut off between fighters of a group.

The enemy's intelligence services will be the most active at these times. The intelligence service will do anything to find out who has done the operation.

Cybersecurity

Fighters should always research new ways to remain anonymous as cyber security evolves extremely fast. They should be aware of software companies who have been cracked or simply sell their information to third parties.

How to set up a computer for online research and secure communication

Computers are a useful tool for coordinating operations, researching, spreading propaganda and more. To use them in a secure manner, the fighter should do the following:

- Buy a laptop or netbook with a removable battery using cash
- Buy a Wi-Fi adapter
- Wait a few months before using the device
- Never use this device at home
- Render inoperable the cameras and microphone integrated in the device
- Leave his personal cellphone or any other unnecessary devices at home
- Pay everything that is bought on the way and at the Wi-Fi hotspot in cash only.
- Never use personal information online or disclosing it to anyone online
- Avoid social media
- Use the Wi-Fi provided by a public place like a coffee shop
- Always change the location used for the Wi-Fi and not falling in a pattern when changing places.
- Connect for a limited time when using the Wi-Fi.
- Use encrypted communication software

- If information needs to be stored, a separate USB stick should be used and the storage device should be encrypted
- Format the computer every time after finishing using it, if possible
- Always remove the battery after using it to avoid being tracked by GPS.
- Always be aware of the latest software and techniques to remain anonymous

Compartmentalization

Compartmentalization is dividing the information in an hermetic way between members of the organization to avoid the confidential information to be easily discovered or stolen. It works on a need to know basis, fighters should only know about confidential information if they need to know about it for operational reasons.

The leaders of an operational group should be the only one who knows the identity of other fighters unless necessary. The leader and his advisors are the only one who should know what the final plan of an operation until other fighters need to know.

Aliases

Aliases are a fake name used to cover the real identity of a fighter. Each fighter should have an alias. For every operation, different aliases should be used. It will make it harder for the enemy to understand who is really involved and how many fighters there are in a group.

Informants

Informants are people hired by the enemy to provide information on the resistance. They are a major threat to a clandestine organisation and it is important to understand the strategies and techniques used by informants.

How informants get recruited

- Walk-in: A disenchanted fighter, someone who thinks the group is too radical or that was offended by other members of the group walks in a facility of the enemy to offer to become an informant..
- Tip-Offs: Someone outside the group who overhears someone of the resistance talking about operational activities. That person informs the enemy. The enemy then persuades a fighter that was identified by the tip to become an informant.
- Dealmakers: A fighter who was captured by the enemy and is facing years in a prison camp or death, is offered a deal to give information about the group for a reduced sentence or to be released without harm.
- Direct recruitment: The enemy looks for vulnerabilities about a known resistance fighter and then uses the vulnerabilities to pressure the fighter to become an informant. This can be done by either blackmailing or by offering something the fighter wants.
- Recruitment of relatives: The enemy may use threats against relatives of a fighter to incite them to pressure the fighter to become an informant. The enemy may even threaten the wife of a fighter to rape her or kill her children.

Strategies against informants

Informant can be prevented, discovered and neutralized if there is decent security monitoring of the organization and if there is precautions taken. The resistance organization should respect the following guidelines against informants:

- Compartmentalize the information. Only give information on a need-to-know basis
- Never intimidate or mistreat fighters
- If a fighter has doubts about certain activities, he must not be involved in them. If a fighter is not ready to commit, he should be cut off from the group but the relationships other fighters had with him should remain friendly to keep their loyalty and the bond that was created with him.
- If a fighter feels pressure from the enemy, the activities should be reduced until the pressure goes down.

- Fighters who are contacted by the enemy should report it to their leader to find a possible solution or to start a disinformation operation
- Remember that if a fighter is captured, they may be vulnerable to make a deal with the enemy
- The fighters should not have contact with the criminal world, this world is full of informants and mercenaries
- The mentally unstable fighters should not be recruited
- A background check should be done on every fighter

Exposing informants

A good way to expose an informant is by using a bait tactic. Baiting consists of providing false incriminating information to the suspected informant. The false information must only be provided to the suspected informant and the information should be irresistible to the enemy forces to make sure that they react to it. It could be the location of equipment or the time and location of an operation. If the enemy reacts appropriately to the information given, then it confirms that the suspected informant is indeed working for the enemy. This method can be used at the same time on many members of the resistance as long as different information is provided to each member and that the results of the baiting can be monitored.

Other tips

If the enemy has information on the resistance, the resistance's intelligence group should conduct an investigation on who had access to such information to see if there is a mole in the resistance or if the information was mismanaged or if there is a security breach in the resistance's security protocol. The intelligence group should be suspicious of anyone who suddenly distances himself from the resistance at this point.

Informant behavior

Informants will generally let off some indicators in their behavior that they are trying to gather information. Here is a non-exhaustive list of possible behaviors:

- They seek information that they "don't need-to-know."
- They try to make resistance fighters say incriminating statements
- They cast suspicion on others without any basis. This is to keep the attention off of them.
- They have shallow knowledge related to the cause
- They pressure fighters to act
- They show signs of nervousness
- They disappear to make phone calls or meet people
- They mention the real names of people when aliases should be used or they refer to them indirectly.
- They initiate conversation about operational matters
- They bring the conversation to operational activities when the conversation is about something else
- They ask detailed information (e.g. names, times, dates, locations, etc.) when they don't need to know the information
- They volunteer to be in position where they could gather information like a leadership or analyst position
- They act differently which each fighter to charm them
- They express particularly radical or inflammatory ideas

Another trick used by the enemy is to get an informant already in the resistance to introduce an infiltrator to the group so the infiltrator is more easily accepted and then the informant distances himself from the group with the infiltrator in place.

A trick used by undercover enemy agent is to assume the role of a writer, journalist or someone doing a documentary about the resistance's cause. The undercover agents can also pass themselves as defence attorneys. The fighters should be suspicious of anyone coming to them for

information, no matter who they are. Even journalists should be carefully monitored and have a background check done on them.

Undercover agents can also assume the role of a utility worker or phone company repairman to get access to the fighters' facilities. If anyone has access to the quarters of any fighter, it is easy to plant bugs or to conduct a search of the location. The identification of the worker should always be verified and a sweep of the location to find any listening devices or tampering evidence after the repairs are done is highly recommended.

The enemy will also recruit inmates to gather information on any fighter that was captured.

Managing a fighter leaving the resistance

If a fighter leaves the resistance, action should be taken to prevent any security breach. A list of all the confidential information that the fighter who left knew should be made to make that information useless. If the fighter who left knew of the location of caches, the cache location should be moved. If the fighter knew about some operation, the operation should be abandoned. If the fighter knew some codewords, the codewords should be changed, etc. No information should be shared with the ex-fighter about any operational matters. The resistance should keep their relation with the ex-fighter friendly to avoid him feeling resentment toward the resistance or he may give information to the enemy as retaliation.

A final note on operational security

If a resistance fighter or a prospect does not understand the need for all the security measures, he should not be in the organization as he is a liability and you do not need someone like this in the resistance.

Chapter 3

Recruitment

Recruitment is a crucial part of a resistance movement, without new members, it is bound to slowly die. This chapter will be about recruiting on a one on one level since it is the most discreet and useful way to recruit in secrecy.

The advantage of the one on one approach

- This approach will refine the person completely
- It creates a relationship between the recruiter and the candidate to prepare the candidate to take action
- The recruiter can follow up on the progress of the candidate and on the instructions he receives
- The recruiter can also make a more precise assessment of the candidate
- The recruiter can respond to the doubts which the candidate might have
- The recruiter will be able to talk about his cause seriously at the proper time
- The recruiter can guide the candidate step by step and can personalize his approach to the individual
- With a one on one approach, the recruiter may convey the truth about the cause to the candidate, which has been distorted by the enemy's media
- It is a safe way to recruit and to create cells or squads
- It can be done by anyone, anywhere, at any time and does not require a lot of resources
- The recruiter will have more influence on the candidate

Factors helping with the recruitment

- A close follow-up of the relationship with the candidate
- A deep knowledge of the cause, the recruiter should be able to answer the questions that the candidate asks, to take away any doubts and to teach him about the cause.

- Knowing the candidate's personality to personalize the approach
- Step by step in recruiting. The recruiter should not try to change the candidate in a sudden manner. If the candidate changes very fast without having negative effects, then be it. The recruiter should go according to the candidate's pace.
- Following up. The candidate's motivation may go down, he might have doubts but the recruiter should always be observing the state of the candidate to take on the problems as they appear.
- Finding a good environment for the candidate. The recruiter should bring the candidate to an environment where his will for the cause will be increased. If the recruiter cannot find such environment, he should give the candidate books, documentaries to support the candidate.
- Giving no consideration to the candidate's previous life. The recruiter should not remind the candidate's previous behavior or judge him for that.

Qualities of a resistance fighter

It is important for the recruiter to find the right candidate for the resistance. Choosing the wrong one could lead to a disaster which will severely undermine the goals of the resistance.

Initiative: The resistance fighter needs to be highly autonomous and keep the initiative to also be ahead of the enemy in the fight. He needs to be a self-starter and take control of any operation or situation.

Good at decision-making: He must be able to make a decision at the speed of lightning to be able to survive in a constantly changing world and when meeting unexpected obstacles.

Intelligent: He must constantly learn and adapt. He must also possess a vast number of skills and knowledge. He must be able to learn by himself and be self-reliant.

Good morals and humility: He must know that arrogance leads to disaster. He must be willing to give everything for what he believes in. He must be just and incorruptible.

Discreet: He must be able to keep a secret to avoid detection. He must be able to blend with the population and withhold his views to himself.

Types of people who should not be recruited

Some people should not be recruited as they would become liabilities and destroy the organization from within.

The cowards: Someone who is scared to talk about politics. He will fear the oppressors. He does not like people who act. This type of person will not take action and is not useful for the cause.

The excessively talkative: This type of person likes to talk and likes to be the center of attention. This type of person does not mind his own business either and ask a lot of questions. This person will become a danger for the group.

The person who has hostile ideas towards those who act: This type of person will never do any action and dissuade others from taking action.

The ungenerous: This person will not self-sacrifice or spend time and money for the cause.

The loner: He does not have many friends and does not try to form relationships. He does not have any opinions on anything.

Recruitment stages

Recruitment takes place in stages which will come naturally. The recruiter should have a good understanding on what each stage seeks to achieve and when to continue to the following stage.

First stage: Getting acquainted and choosing the candidate

At this stage, the recruiter must look around and think who could join the cause and is not in the five (5) unwanted categories.

Criteria to choose the candidate:

- **Basic morals:** This person should be courageous, honest, positive, helpful, ready to commit to a cause, etc.

- Share similar ideals: This person is open to new ideas and share similar ideals
- Leadership potential: People listen when this person talks and has influence on others around him.
- Closeness: How close the recruiter is from that person. Someone the person can relate to the candidate.
- Stability: How stable the person's life is: financial stability, emotional stability, etc. If the person has an unstable life but fits the other criteria, this person can still be recruited.

To find the right candidate, the recruiter must evaluate each person with these criteria and select the best two (2) potential candidates to start the recruiting process.

Second stage: Approaching the candidate

This stage should last up to three (3) weeks. It is done with daily interactions and weekly interactions.

There are many ways to interact on a daily basis. The recruiter could work on a common project, call him or text him daily. For weekly interactions, the recruiter can hang out with the candidate, he can help him out when the candidate needs help, to get to know him by listening to his stories, invite him for lunch, etc.

At this stage, the recruiter should begin talking about topics related to the cause. The recruiter will try to promote his cause to the candidate. If this stage is successful then the recruiter can move to the next one.

This stage is useful to know about the candidate's concerns, interests and relationship with others, how he spends his days. It also serves to evaluate that person, if he is trustworthy, if he can keep a secret, etc.

To evaluate the relationship between the recruiter and the candidate, here are a few questions that can be useful:

- Is the candidate eager to see the recruiter?

- Does the candidate talk about private affairs with the recruiter?
- Does he follow the recruiter's instructions?
- Has the recruiter gotten closer to the candidate?
- Does he respect and accept the recruiter's advice?

To evaluate the candidate, the recruiter could use these questions:

- Does the recruiter know how the candidate spends his time?
- Does the recruiter know who he associates with?
- Does the recruiter know his strong points and weak points?

The recruiter should evaluate if the candidate is the right pick to support the cause.

The third stage: The awakening

This stage is a never-ending one but to bring the candidate to the cause, it should take up to two (2) months. This stage is to open the mind of the candidate to actively support the cause and to support its will to act.

Before this stage, the recruiter should:

- Always clarify and explain the values of the cause and encourage the candidate to do good deeds.
- Vary the means of the awakening
- Get to know his good morals and praise them in front of the candidate
- Not require perfection and push the candidate step by step.

The recruiter should ask himself these questions to make sure he is the right person for this stage:

- Do you practice what you preach?
- Do you strive to better serve the cause?
- Do you review the material you are giving to the candidate before giving it to him?

- Do you make sure that you keep contact with the candidate at least every week?

At this stage, the recruiter should indoctrinate the candidate with the values supported by the cause. The recruiter should also push the candidate to get more into the cause and push the candidate to adopt good morals.

There are many ways to do this:

- Going to event related to the cause together
- Eating together with other people who share the same values
- Talking about current events and explain the situation by using a narrative that promotes the cause
- Doing good deeds with the candidate: feeding the poor or help people with disabilities or any other good deeds.
- Giving books that support the cause
- Talking about the virtues of people fighting for the cause

At this stage, the recruiter should not show the candidate any videos of fighters unless he has a high level of commitment to the cause. During this stage, the recruiter should answer any doubts that the candidate has. If there is a question about current events talked in the media, the recruiter should answer from the cause's perspective.

If at this stage the candidate desires to take action for the cause, the recruiter should move to the next stage.

The recruiter should ask himself these questions to make sure he is ready for the next stage:

- Did you use more than one way to indoctrinate or many of them?
- Did you listen to him more than you spoke?
- Did you make him feel that both of you benefited from the relationship?
- Did you check for specific sources before answering to a doubtful question?
- Were you a role model for him?

- Did you choose the appropriate location and time to discuss certain subjects?

The recruiter should ask himself these questions to make sure the candidate is ready for the next stage:

- Did he glorify the cause in his speech?
- Did a positive change happen in his morals and speech?
- Does he long to act to support the cause?
- Does he show admiration for the fighters who support the cause?

The fourth stage: Planting concepts

This stage should last around two (2) months. This is the stage where there is a heavy indoctrination of the candidate. This is where the recruiter will provide books, links to forums and videos that promote the cause. The recruiter will push the candidate to spread propaganda online in a secure manner.

This stage is over when the candidate wishes to become a fighter for the cause. The candidate also wishes to read more books and request more information about fighting.

At this stage, the recruiter must make sure that the candidate wants to fight for the cause and not simply because he has seen some injustice in the news or in a documentary.

The recruiter should ask himself these questions to make sure this stage is a success:

- Were the concepts of your cause mentioned to the candidate?
- Does he respect and admire the fighters supporting the cause?
- Has the cause influenced his speech and relationships?
- Has he recognized that fighting is the way to support the cause?
- Has his knowledge of the cause made him a better person with better morals?

The candidate must satisfy these five (5) questions to go to the next step. The recruiter can take as much time as possible until all the questions have a positive answer.

The final stage: The integration in a group.

During this stage, the candidate will be convinced of the most important concepts of the cause and have a real desire to fight. The recruiter will openly talk about fighting. The recruiter will convince the candidate that fighting is possible. The recruiter will also be preparing the candidate for action and integrate him in an operational group.

Background checks

While working on the recruitment, it's important to do a background check on prospects to make sure they are the right persons for the cause and to prevent infiltration from the enemy.

Everything about the person who wants to join the cause should be known. If after doing the verifications they are still doubts on the mind of the member doing the background check, he can also do surveillance on the prospect. The member must be suspicious of someone coming to him to join the group. It is much better if the member is the one approaching the prospects.

If after doing the background check, the prospect is really who they are and they have the potential to be part of the resistance, the member doing the background checks must destroy all the information he gathered on the prospect to avoid it falling in the wrong hands. The member must not inform the prospect that a background check was done since this could offend him and he could feel that his loyalty was challenged.

To do a decent background check the member needs to find the following information on the prospect:

- Birthday
- Education
- Employment
- Foreign travel

- Finance
- Residence
- Criminal history
- Social media accounts
- Family and relatives
- Associates
- Allegiance to the cause
- Character and temperament (emotional, mental, personality, personal conduct)
- Vices (Drugs, alcohol, gambling, sexual behaviors)
- Hobbies

Vulnerabilities: After doing the background check, the member needs to determine the vulnerabilities of the candidate. If the candidate represents a high risk, the member should not consider him for the organization. One of the main reasons for treason is for monetary motives. If the candidate has problems with alcohol/drugs or gambling, he may have problems with his finance. If the candidate has serious debts, he may be tempted to become an informant for money. If the candidate is uncontrollable, he should also be not considered for the organization.

Chapter 4

Training

This chapter will cover basic training principles and basic skills and drills with weapons to accomplish an operation.

Basic principles

Training is essential to have efficient resistance fighters and to accomplish a successful operation. It is essential to do rehearsal to find flaws in the plan. It will clarify what equipment is needed and what is unnecessary. It will also teach each fighter what their objectives are and provide them with situational awareness as well. In the training, initiative and confidence to face unforeseen events should be reinforced. Dry runs and live fire practices should be done. The training should be as close as the operation will be and in similar conditions. Most will act on autopilot during an operation. They will repeat the same mistakes they do during the training during an operation. The equipment and weapons used during the operation must be the same as in the training. Training should be a bit harder than the actual mission to prepare the fighters for the fatigue and the stress. Alternate plans should also be rehearsed in case the main plan fails or needs to be overturned. Individual training should be done only when necessary for specialized skills. Practicing with the whole team is much better.

How to perform underground training

If the resistance needs to train in secret, it is possible to do so in many ways while remaining discreet.

Safe house: One way to train is to have an instructor to teach trainees in a safe house. This way, a small group can be effectively trained. It can be done using videos, dry erase board, Power Point, etc. It can include dry firing and using a pellet gun that will complement the training without even firing one bullet.

Video games: Some video games are military simulation and can help trainees understand tactics and participate in simulated operations. It's cheap and efficient and permits training with minimal equipment. Some video games where the controller comes in form of a gun can also help practice pointing a firearm at an enemy and how to hold a firearm in a proper manner depending on the controller.

Countryside training: Going the countryside away from prying eyes is an excellent way to train since there is plenty of space and there is no need to be worried about making noise or attracting attention. This is a good location to practice actual shooting.

Out of the country training: The training can be done in a country where training is available to avoid detection by the enemy in the targeted country.

Open source training: Training can be complemented by using specialized books, using video games, watching and analysing videos on the internet of real combat footage.

Shooting range: If possible, shooting ranges can be used to train marksmanship. It is better to go with only one trainer and one trainee to avoid attention. The other operational training can be done in another location with pellet guns, paintball or with dry rehearsals.

Weapons fundamentals

Before learning how to use firearms, it is important to know their parts. This section contains the parts of the AKM, AR15 and pistol.

AKM



AR15



Pistol



Chamber: The chamber of a firearm is the portion of the barrel in which the bullet is inserted before being fired, as shown below:



Bolt: The bolt of a firearm is the part that blocks the rear opening of the chamber and receives the rearward push of the gas piston, as shown below:



Basic safety rules for handling a firearm

- The firearm must always be pointed in a safe direction
- The finger must always be off the trigger until the shooter is ready to shoot.
- The firearm must always be unloaded until ready to use
- The shooter should know what he is shooting at, and what's beyond it
- The shooter must make sure the firearm is safe to operate
- The shooter should wear ear eye and ear protection if possible



The finger should be kept extended alongside the firearm when the shooter is not ready to shoot, as shown in the above picture.

The dominant eye

The dominant is the eye used to aim when using a firearm.

To find the dominant eye, the fighter needs to do the following:

1. Looking at an object that is between 10 and 20 meters away
2. Forming a triangle with his hands and extending his arms
3. With both eyes open, the fighter uses the triangle to frame the object
4. Keeping the object within the triangle, the fighter alternate between closing his right and left eye.

When using his dominant eye, the object will remain in the fighter's view. When using his non-dominant eye, the object will disappear.



Firing positions

Before we begin, strong side means the side of the body where the rifle is held. The weak side means the opposite.

Prone

- Both elbows should be solidly grounded
- Supporting elbow is directly under the rifle
- The magazine can be used for support with many firearms
- The strong leg is slightly bent
- If after the recoil the shooter's sight picture returns, the body alignment is good
- A backpack can also be used for support
- If the front of his rifle is supported, he can use his weak side hand to support the butt of the rifle for added stability



Sitting with crossed legs

- Body is about 45 degrees to the target
- Ankles flat to the ground
- The upper body is bent forward from the waist
- The elbows rest over the knees



With open legs

- Knees are up
- Feet are flat on the ground
- Legs spread about 45 degrees



Kneeling

- Weak side knee and foot point at the target
- Supporting elbow over the knee
- Strong-side leg is out at about 90 degrees
- Knee is on the ground
- The shooter sits on his foot



Standing

- Supporting elbow is resting on an out-thrust hip
- Weak side foot is pointed toward the target
- Feet are shoulder width apart
- Strong side foot is at 90 degrees
- Cheek firmly on the stock
- Supporting hand should be directly under the rifle



If the shooter is in a tactical situation, he can also have his body face the target and only have his arms to support the rifle.



Using a pistol

How to hold a pistol:

- The shooter holds the pistol with his dominant hand and places it high on the grip.
- The index finger is along the trigger guard

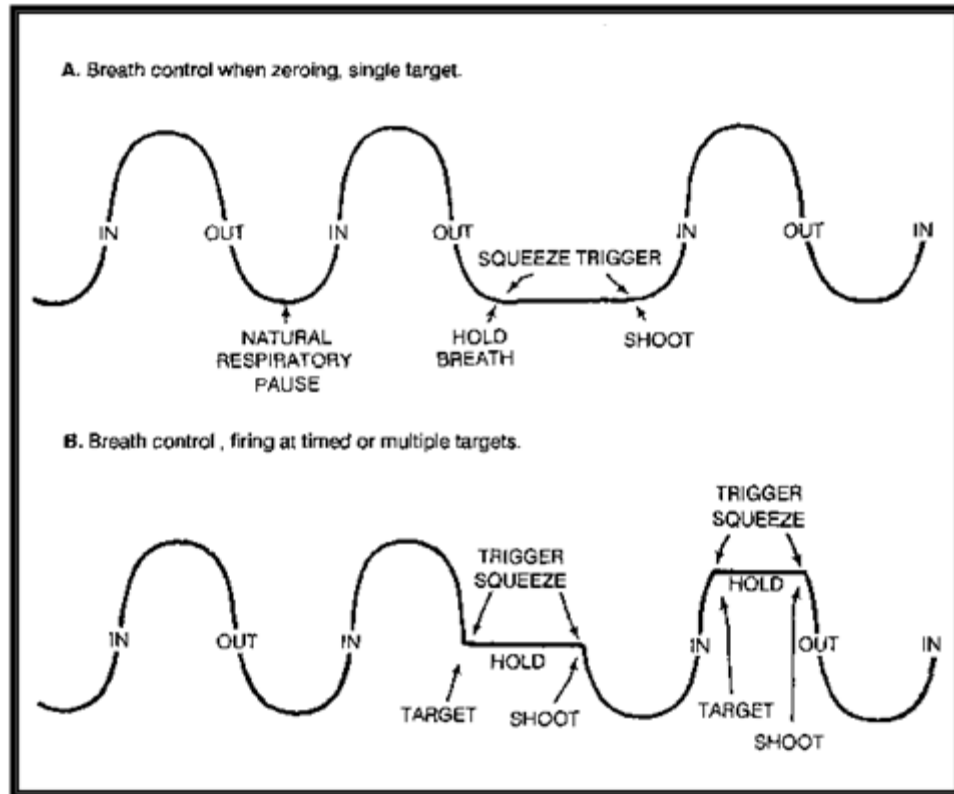
- The thumb is wrapped around the pistol grip, under the slide
- The support hand is wrapped around the strong hand with the thumb lapped over the strong hand thumb
- When firing the pistol, the strong arm should be stiff, with the support hand pulling slightly against the shooting hand



Marksmanship Fundamentals

Marksmanship fundamentals consist of breath control, sight pictures, proper grip, trigger control, body position and follow-through.

Breath control: The shooter needs to hold his breath at the right moment to have an accurate shot. He can take the shot while having empty lungs, which is the most stable, or with half-full lungs or three-quarters full. He needs to practice with the lungs empty, half full and three-quarters full to be prepared in case he doesn't have time to fully empty his lungs before taking a shot.



Sight pictures: It is important to align the sight correctly. If the shooter can shoot with both eyes open, it is even better as it will raise his situational awareness. The front sight should be in the middle of the rear sight and at the same height as shown below. There are several types of sights but the principle stays the same: align the rear sight with the front sight.



Proper grip: The same strength as when doing a handshake should be used. The grip is as high as the shooter can on the pistol grip.



Trigger control: Only the fingertip should be in contact with the trigger. The trigger should be pulled using the middle of the distal phalanx of the index finger as shown below.



Body position: Any support available should be used when available. The steadiest position is prone, then sitting, then kneeling and the least stable is standing. The bones are the foundation that holds the rifle, not the muscles. The shooter must use a comfortable position and adjust to his environment. The body is shifted towards the target so that the rifle naturally aligns with the target. The shooter must practice all positions and in many conditions to be ready to face any situations.

Follow-through: After pressing the trigger, the shooter must not react to the shot. There is some time between the time he presses the trigger and the time the bullet leaves the barrel. If he reacts during that time, he will reduce the accuracy.

Weapon drills and maintenance

The weapon drills are the security measure, loading, readying the weapon, unloading, overcoming jams and the functionality tests.

Security measure

The security measures exist to make sure the firearm is free of any bullets.

The shooter must follow these steps to accomplish the security measures:

1. Fire selector on safe
2. Incline weapon to the right
3. Arm the weapon and check if there is an ejection of a bullet
4. Arm again, hold the charging handle at the back, and check the chamber to make sure there is no bullet inside
5. Let the charging handle move forward
6. Put the fire selector on repetition
7. Aim in a safe direction and pull the trigger.

Loading

1. Put the magazine in the weapon
2. Pull the magazine downward to make sure it's safely inside the weapon
3. Put your hand back on the handguard

Readying the weapon

1. Adjust the distance on the sight
2. Arm the weapon
3. Put the weapon on safe

Unloading

1. Put the fire selector on safe
2. Press the magazine release
3. Incline the weapon to the right
4. Arm the weapon and check for an ejection of a bullet
5. Arm again and check the chamber to make sure there is nothing inside
6. Let the charging handle go forward
7. Put the fire selector on repetition, aim in a safe direction, pull the trigger.

Overcoming jams

The most common jams are when the bolt is forward, when the bolt is backward and when the bolt is partially forward.

The bolt is forward

1. Check the bolt position
2. Tap twice under the magazine
3. Pull the magazine down to make sure it is correctly inserted
4. Arm the weapon
5. Aim and shoot



The bolt is backward

1. Check the bolt position
2. Push the magazine release
3. Inspect the magazine and put it away
4. Insert a new magazine in the weapon
5. Pull the magazine down to make sure it is correctly inserted
6. Push the bolt catch or pull the charging handle depending on the weapon
7. Aim and shoot



The bolt is partially forward

1. Check the bolt position
2. Pull the charging handle while holding the bolt catch or simply hold the charging handle backward depending on the weapon
3. Incline the weapon to the left and inspect the chamber
4. If the problem is solved: push the bolt catch or let go the charging handle depending on the weapon, aim and shoot



If the jam persists

1. Press the magazine release
2. Incline the weapon to the right
3. Shake the weapon three times
4. Inspect the chamber again

If it still persists: the shooter must use tools to solve the problem.

Functionality Test

The function test should be done when getting a new firearm or after the cleaning of the firearm to make sure it was reassembled in the right way.

Here are the steps for a gas operated rifle with a fire selector that can make the weapon semi-automatic or automatic:

1. Arm the weapon

2. Put the fire selector on safe
3. Pull the trigger three (3) times (You should not hear anything since safe is supposed to prevent you from shooting)
4. Put the fire selector on repetition
5. Pull and hold the trigger (You should hear the hammer hit the firing pin)
6. Arm the weapon
7. Release the trigger
8. Pull the trigger and release it (You should hear the hammer hit the firing pin)
9. Put the fire selector on automatic
10. Arm the weapon
11. Pull and hold the trigger (You should hear the hammer hit the firing pin)
12. Arm the weapon
13. Release the trigger and pull it again (You should not hear the hammer since the trigger was being held while having the fire selector on automatic)

All gas-operated firearms are tested the same way, this guide should work for any gas-operated firearms. If the firearm is semi-automatic, the shooter simply stops at "Put the fire selector on automatic".

To load a pistol

1. Insert a magazine
2. Pull the slide and let it go
3. Put the pistol on safe

To reload a pistol

1. Press the magazine release
2. Remove the magazine

3. Insert a new magazine
4. Push the slide stop down

The basic of zeroing a rifle

Zeroing: It is simply aligning the sights of the rifle so the bullet hits where you aim at a certain distance.

How to adjust the sight:

The trick is to chase the impact of the bullet. At the shooting range, while facing the target, the shooter must adjust the firearm. If the impact is to the right, he moves the sight to the right, if the impact is to the left, he moves the sight to the left, if the impact is too high, he moves the sight higher, if the impact is too low, he moves the sight lower.

How to zero:

1. The shooter must first set a target at 25 meters.
2. He must fire 3 shots groups and adjust the sight until he hits continuously the center of the target.
3. Once this is done, he verifies the zero by setting a target at 100 meters.
4. He must fire 3 shots groups and adjust the sight as necessary.

I will not go further into details since it differs between rifles and caliber.

Cleaning a firearm

Cleaning the weapon is necessary for a firearm to function.

To clean the weapon, the shooter needs the following equipment:

- Cleaning rods
- Cleaning patches(2x2) and Q-tips

- Gun cleaner
- Gun oil
- Copper solvent
- Cleaning brushes

Here is an example of what a basic cleaning kit could look like:



The first step for the cleaning is to disassemble the firearm. Afterwards, the shooter uses the gun cleaner on every metal parts and waits a few minutes for it to act. Then, he rubs the metal parts with wipes or a toothbrush until the metal parts are clean. He must not hesitate to use more gun cleaner when rubbing. He must use some dry wipes to remove all the excess gun cleaner on the metal parts. He must apply gun oil on the metal parts to prevent rust from building and to make sure the moving parts of the firearms are lubricated.

There are three (3) places where the shooter should not apply gun oil: the face of the bolt, inside the barrel and the chamber. If the shooter oils these parts, he should simply use a dry wipe to remove the oil.

To clean the barrel, the shooter must follow these steps:

- Use the bore brush dipped in the cleaner and rotate it in the chamber 8 to 10 times
- Use brush with cleaning patches on it and dip it in the cleaner. Run the brush from the chamber to the muzzle. Do it up to 20 times
- Use patches in the barrel until its clean and free of cleaner
- Use a patch with copper solvent in the bore and let it sit for 10 min
- Run patches in the bore until its clean
- Run a patch with some gun cleaner
- Run a patch containing light oil
- Run a dry patch in the barrel

A few other notes on cleaning a firearm:

- When leaving for the field, the shooter should run one dry patch in the bore
- He must use minimal oil to lubricate the rifle as it will attract dust
- He must run a thin layer of oil on the external metal parts
- He must use a copper brush to remove rust and oil it afterwards
- In a desert area, the shooter must wipe the oil to avoid having sand sticking to the oil
- In an Arctic area, he must wipe the oil to avoid it freezing. He must not bring the rifle in a warm area to avoid the snow melting, getting in firearm and then freezing when he exits the area
- In a tropical area, he must watch out for rust and oil the firearm often.

Grenade

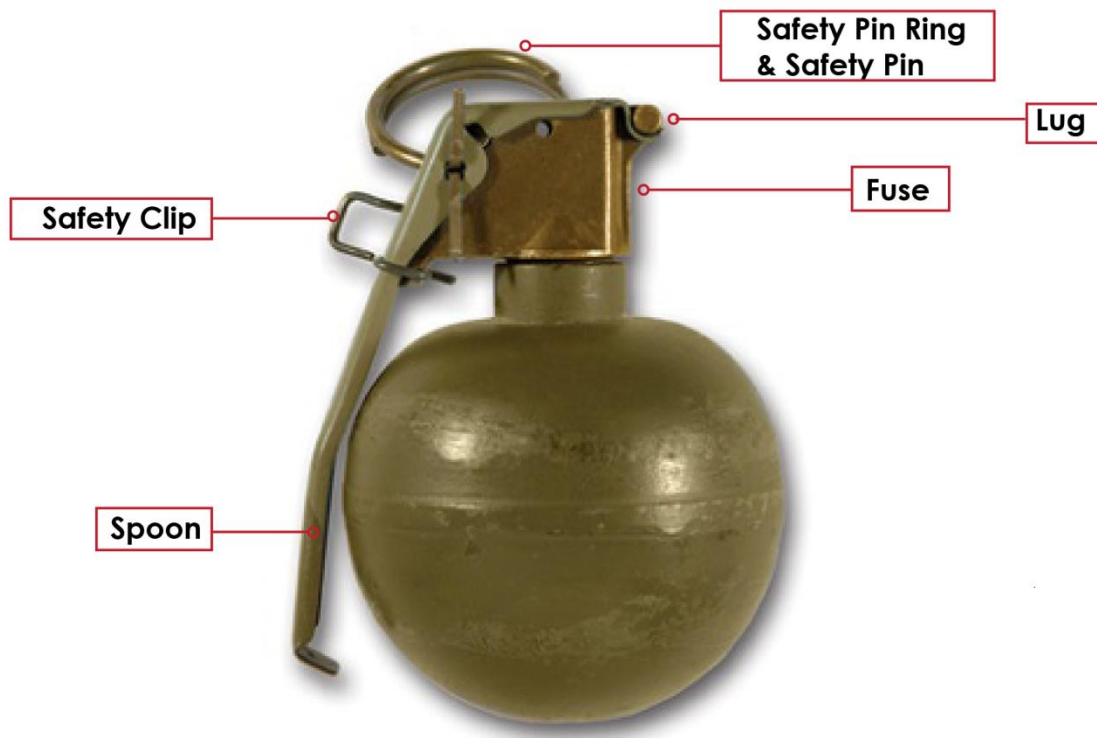
How to throw a grenade:

1. The user must inspect that the grenade is intact and that all the parts are present (Lug/Fuse/Safety pin ring/Safety clip/Safety pin)
2. He takes the grenade with his left hand with the spoon in his palm and put the index finger of his right hand in the safety pin ring.
3. He brings the left hand behind himself at hips level and retains the safety pin ring with

the index finger of his right hand.

4. He looks at the grenade in his left hand (to make sure it's not the pin but the grenade itself).
5. He throws the grenade by bringing his arm over his head in a circular motion.
6. He yells: Frag out
7. He looks where the grenade lands and takes cover

If he changes his mind, he can safely put the safety pin back on the grenade and use it later.



How Molotov cocktails are made

1. An empty glass bottle and some cloth are used
2. The user fills 3/4 of a bottle with gasoline, so it will break more easily
3. A cloth is inserted in the bottle, plugging it and leaving some of the cloth hanging outside of the bottle.
4. Tape is used to close the bottle
5. Gasoline is poured on the tip of the cloth

6. The Molotov cocktail is lit it and throwed

Quality matches can be used and taped to the bottle instead of using a cloth to light the Molotov. This will make the Molotov cocktail easy and safe to transport.

Gasoline can be mixed with a thickening agent like: tar, styrofoam, motor oil, to make the flames stick to the target and make a thick smoke that will make people gag.

To use it effectively against vehicles, the Molotov cocktail should be thrown at the bottom of the vehicle since the flames go up and will burn it more effectively this way.



Physiological response

Firefight induces severe physiological responses. Knowing what could happen will mentally prepare a fighter when facing these responses and will permit him to better understand how to train.

Here are the possible physiological responses in a life or death situation:

- Losing the control of his bladder and bowel (Eating lightly and going to the bathroom before an operation is a good idea)
- Noise reduction (tunnel hearing)
- Tunnel vision
- No near vision (myopic)
- Losing fine motor skills
- In a low light setting, the brain can increase the auditory sense and reduce the vision
- Sense of pain decreases
- Feeling like time slowed down
- Paralysis (sometime it is simply a feeling of slow motion)
- Dissociation (dream like state)
- Seeing a worst fear happening
- Distorted sense of distance (enemy may seem closer than it is)
- 75% of trained people will react on autopilot during a firefight

After the firefight, the fighter will still react to what happened. He may be sexually aroused after the operation. Also, if one of his teammates dies in the action, his first reaction will most likely be that he is glad it is not him. The member should not feel bad about it since it is a natural reaction linked to a will to survive.

To get rid of the residual adrenaline, the member should go to the gym or go for a run, take a shower and sleep. Sleep is the best way to fight stress. Normally, someone needs three (3) to four (4) days to recover to be efficient again in another firefight.

Tactical breathing

Tactical breathing is useful when facing a highly stressful situation and stress needs to be lowered.

Here are the steps for tactical breathing:

1. Inhale deeply through the nose to the count of four (4)
2. Hold that breath to the count of four (4)
3. Slowly exhale through the mouth to the count of four (4)
4. Hold the empty breath to the count of four (4)
5. Repeat these steps four (4) times

Chapter 5

Intelligence gathering

Intelligence gathering is about collecting and analyzing information to be able to plan a successful operation. The riskier part of gathering intelligence is collection information with physical surveillance.

Surveillance: It's the close undercover observation of a target. It can be mobile or static, it can be done on foot, in a car or any other means of transportation. The surveillance is an operation in itself and needs to be planned like one.

To plan surveillance, fighters need to plan the following:

- What information is needed
- How can the information be gathered
- How much time will be needed
- How many surveillants are needed
- What tools are needed
- What will be dress code
- How to communicate
- Access routes
- Escape routes

Information to gather about a target:

- Where the target goes
- What the target does

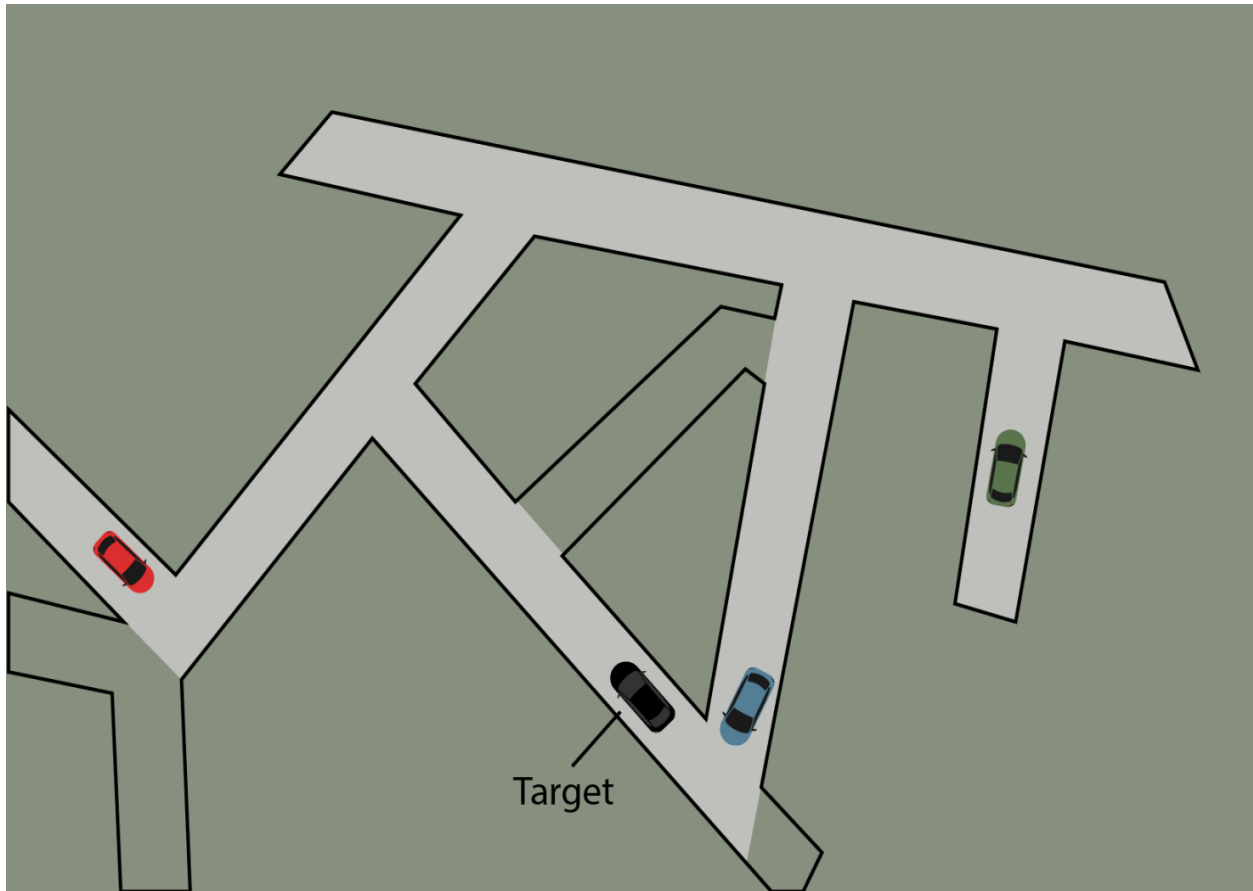
- Whom the target meets
- When does the target do it
- How the target does it
- Why target does it

Equipment: A wide variety of equipment can be used. There are many devices and software today to make surveillance easier. It goes from drones to GPS trackers to night vision and more. It needs to be planned in advance to maximize the efficiency of the surveillance.

Starting the surveillance

1. One stationary surveillant watches the target's position (e.g. the target's home)
2. The other surveillants cover the most likely exit routes.
3. Once the target leaves, the stationary surveillant notifies the other surveillants at the exit routes.
4. The surveillants at the exit routes then proceeds to follow the target and the stationary surveillant can then join the other surveillants.

(As shown below)



Types of surveillances

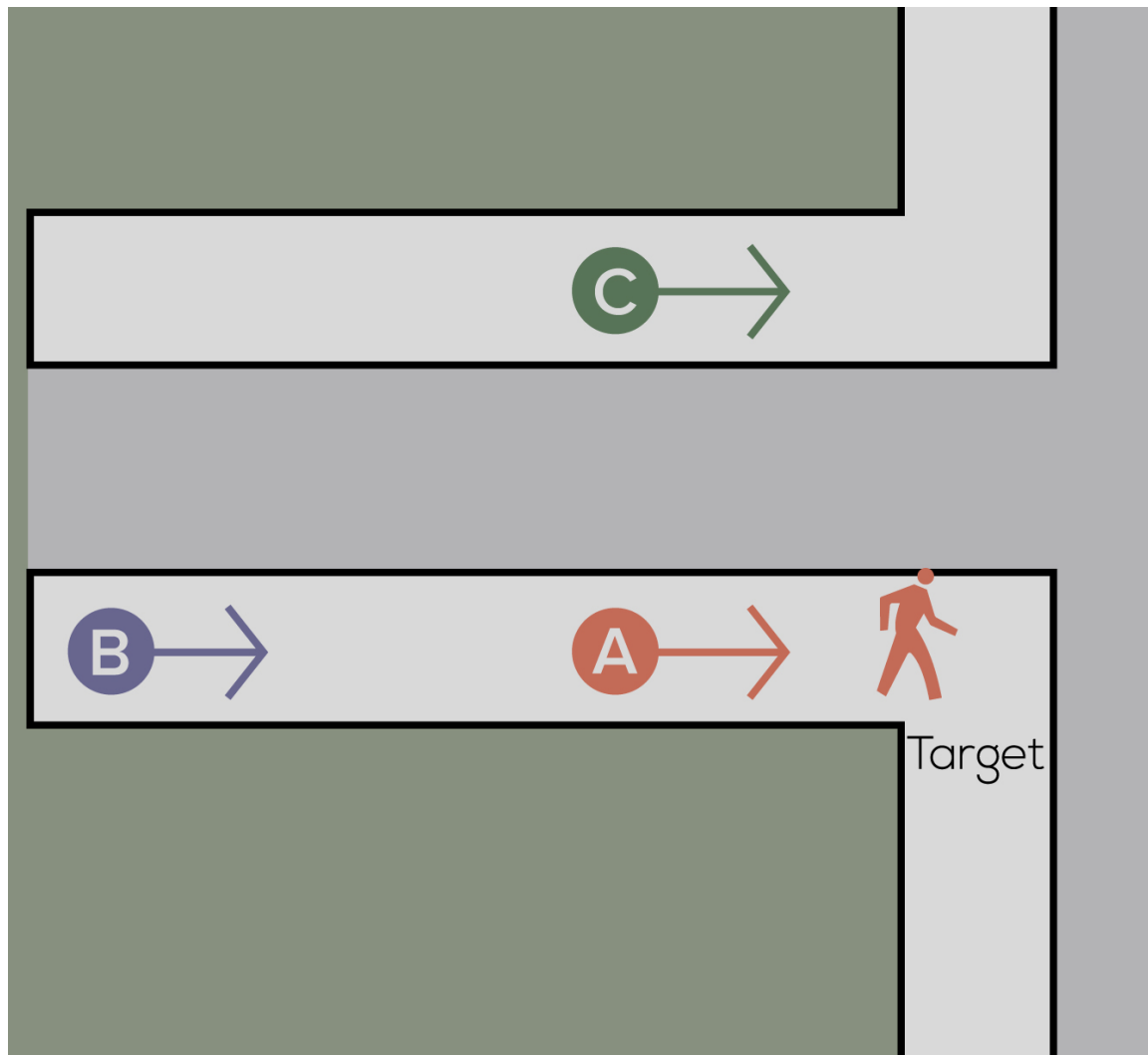
The types of surveillances covered in this chapter are the one man, two men, three men, leapfrog, progressive, one (1) vehicle, two (2) vehicles, static and technical surveillance.

One (1) man surveillance: It is best used in a static surveillance, the surveillant stays in one place that permits maximal observation and discretion. One man surveillance should be avoided for a mobile surveillance as it does not provide flexibility and increase the chance of detection.

Two (2) men surveillance: A surveillant follows the target and the other follows on the same side of the street or from across the street. Surveillants can alternate position to avoid being seen too often by the target.

Three (3) men surveillance: "A" follows the target, "B" follows "A" and simply keep "A" in sight. "B" also looks for any unusual events or possible problems. "C" is across the street, behind

the target. When the target turns a corner, "A" keeps the same direction, "B" takes the places of "A" and "C" takes the place of "B" and "A" becomes "C". (As shown below)

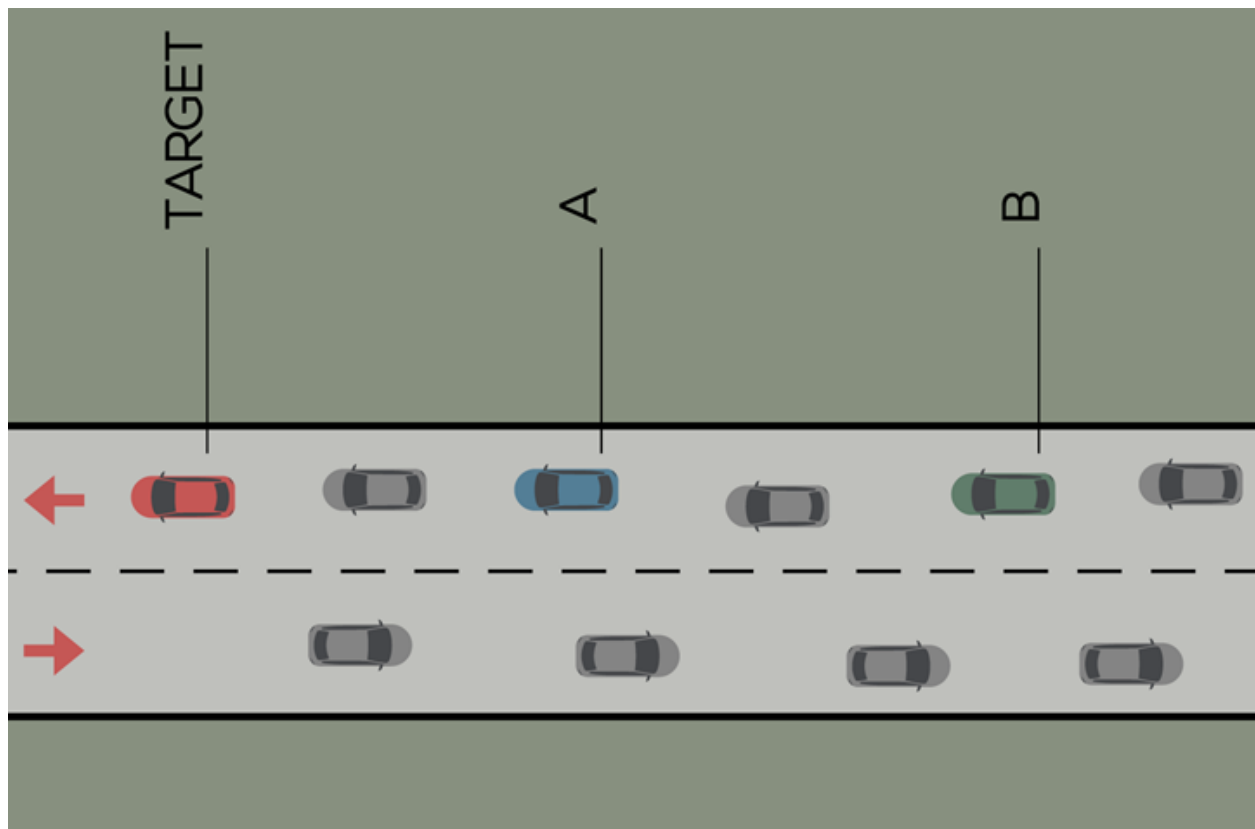


Leapfrog surveillance: It requires two (2) or three (3) surveillants. "A" and "B" are of the same side of the street as the target. "A" follows the target and "B" follows "A". After some time or distance, "A" replaces "B" and "B" replace "A".

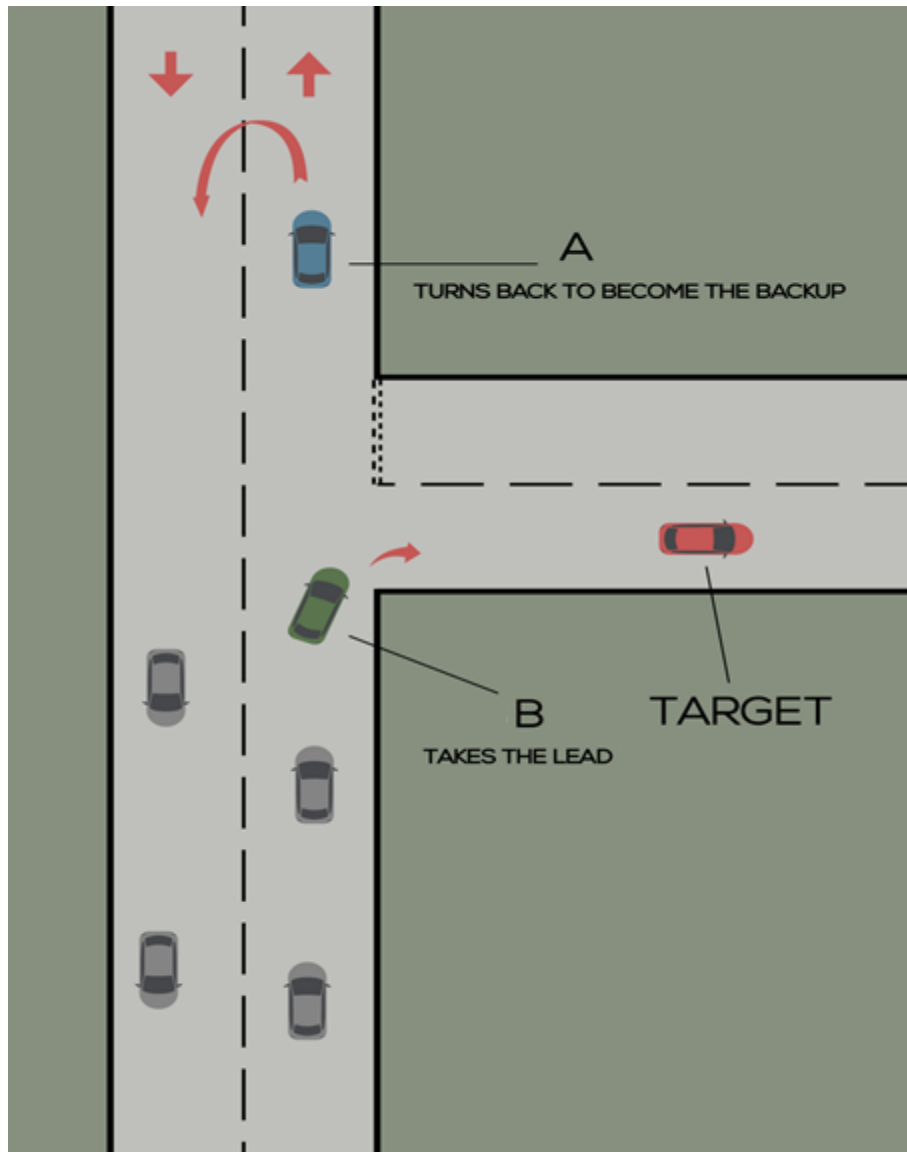
Progressive surveillance: This is useful to targets that have a daily routine. The target is followed for a certain distance and the surveillance is discontinued at a certain time. The next day, the surveillance starts at the same place as it was left off the last day. This is done until the surveillance is completed.

One (1) vehicle surveillance: A vehicle follows the target far enough to avoid being detected and close enough to keep the target in sight. The distance depends on the situation. It is better to use this type of surveillance in a static way since it is easy for the target to notice the same vehicle over and over.

Two (2) vehicles surveillance: Both vehicles follow the target. The lead vehicle (A) needs to follow the target and have one (1) or two (2) cars between them, unless there is heavy traffic, then the lead should be directly behind the target. The backup vehicle (B) follows the lead vehicle and is one (1) or two (2) cars behind it. The two (2) vehicles need to switch position periodically to avoid the target noticing the same car following it. (As shown below)



Having the backup vehicle is useful if the target stops on the side of a street or enter a parking, or turns a corner, it would seem suspicious if the lead vehicle sticks behind, so the backup vehicle can do take over and follow the target at this point.



Static surveillance

This surveillance is made from a static position. This type of surveillance can be done from a van, a room, a public place or by being camouflaged in nature.

Things to consider before starting the surveillance:

- What is your cover story to be there
- Can the target clearly be seen
- Is the position obvious

- Is there an escape possibility if things get too risky
- Is there a sentry in place to warn the surveillant about any potential visit

Technical surveillance

This kind of surveillance is done using electronics. This kind of surveillance requires training and money to buy quality devices and is only limited by your resources and imagination.

Surveillants should train themselves to be proficient with the devices they plan to use before the surveillance operation.

How the surveillant can get caught

- Multiple sightings: The surveillant has been seen more than once by the target on multiple occasions
- Unusual behavior: The surveillant acted in an unnatural way and got noticed

Using cover

Surveillants must always be ready to use some cover to make it seem like they are not doing surveillance work to avoid being detected by the target. They can use many types of cover to appear like doing normal things, like appearing to use their cellphones, entering a shop, smoking a cigarette, waiting at a bus shelter, etc.

Counter-Surveillance

Fighters should not only know about to do surveillance but also how to counter the surveillance of the enemy. The enemy will dispose of more men, resources and technology, but it is possible to counter its surveillance with the right knowledge and skills.

The enemy will use the same techniques as the one shown previously in this chapter and more. The enemy might search the fighters' trash, investigate their bank accounts, utility company records, mail monitoring, cellphone company records and more. It is important for the fighters to avoid leaving traces behind.

Surveillance Detection Route (SDR)

A surveillance detection route (SDR) is a preplanned route that lets the fighter detect if he is under surveillance or not while going to its destination.

- Should be planned ahead of time and practiced.
- Must give multiple opportunities to see potential surveillants.
- SDR should seem natural and not raise suspicion of a surveillance team or the general public.
- Must have a cover story; it must be consistent with the movements and behaviour.
- It should bring the fighter in the same general area of his destination.
- If the fighter thinks he is not under surveillance, he must then go past his destination for a last stop to give himself one last chance to detect any surveillance.

Aborting the SDR

If the fighter is under surveillance, he should simply go to the next logical step for his cover in the SDR and then leave. A prearranged signal should be ready, if necessary, to indicate that he could not meet with the intended persons and that he is under surveillance.

Detection techniques

Detection techniques are used to find out if a fighter is under surveillance. Here are simple and efficient way to detect surveillance:

Turns

Turning a corner gives the fighter a chance to look back and to see who is behind him. It also forces the surveillant to make the turn as well. Another technique is to make a series of turn using a pattern of streets. The fighter will be sure that anyone taking the same turns is following him.

Channeling

The fighter selects a route that forces the surveillants to follow him directly behind himself. It will force the whole surveillance team in that route. It can be a bridge, an overpass or a section of a highway without exits. Either the surveillants will disengage or they will be exposed.

U-Turns

The fighter simply does a U-turn which permits him to see what is behind himself. This should be finished with a logical explanation for the turn, like going to a store across the street or a gas station.

Crowded areas

The fighter enters a crowded building with multiple exits, like a shopping mall. The surveillant will be forced to follow him inside the store. Inside the building, he can use turn and stop and use other techniques to detect surveillance and use the exits to escape the surveillance. This technique cannot be used if you are using a car since the surveillants can simply monitor the car and wait for you to get back to his vehicle.

90 Degrees

The fighter moves at a 90-degree direction of his general direction for several hundreds of meters and then he resumes his original direction. This will force the surveillance team to redeploy around the fighter.

Cellphone recordings

The fighter can use his cellphone in a covert manner to take pictures or videos of anyone who could be following him. One way is to start recording a video on a cellphone and faking a conversation, this way, he can record his surroundings and reviews the video later. Another technique is to either start a video or take pictures using a cellphone while walking as if simply carrying the phone with the cellphone in one's hand with the camera pointing in the desired camera. The footage can then be reviewed later. One last technique is simply to carry a cellphone in a back pocket or any other useful pocket while it is recording a video which can be reviewed later.

Other techniques on foot

- Entering a building/shop, and holding the door for the person behind you, it will give the fighter the opportunity to covertly look behind himself
- Dropping a piece of paper on the ground and checking if someone picks it up .
- Going to a place where there is little pedestrian activity to see if someone follows the fighter there (it will not work for properly trained surveillants).
- Walking through a narrow hallway and seeing if someone follows him
- Walking three sides of a square, taking note of people following around the same corners
- Another way is to make them lose track of the fighter by turning a corner and then entering a building and watching if someone is looking for him outside or has an unusual behavior
- Turning a corner and suddenly stopping, watching for the reaction of the person turning the same corner, if they seem to be caught off-guard or if they simply walk past the fighter.
- Getting on a bus and getting off at the next stop, seeing if someone does the same

- Standing on a train platform and attempting to be the last person to enter it before it leaves, seeing if anyone is hanging on the platform
- Scanning the area for Bluetooth devices, checking if the fighter sees the same connections over and over
- Always being aware of unusual behaviors.
- Looking for someone talking to themselves and noticing the body language.
- Smoking a cigarette to make a natural stop to watch the surroundings

Other techniques in a vehicle

- Before taking the vehicle, the fighter should notice other vehicles around, drive a bit and then look if any of the spotted vehicles are behind.
- Look for antennas on cars or someone using a radio.
- At an intersection, the fighter indicates to turn in one direction and then drives another direction. If he notices a car behind you that stops his flasher, there is a possible surveillant.
- On a road with multiple lanes with filter lanes. The fighter goes to the junction and on the filter lane, but instead of turning, he keeps going straight, he looks for other cars who do the same.
- If he are stuck in traffic, he should be looking at people behind him, check for the body language and for people using a radio
- The fighter drives in a rural area with narrow lanes, drives slowly and looks for the cars behind him
- The fighter can use the three (3) sides of a square. Doing three (3) left or right turns and see if anyone is doing the same behind him

- The fighter can have someone else look for cars following him
- He should note the car description he sees, plate number and the people inside. He should keep a log and check if he encounters the same vehicles in his log over time

Overt surveillance

Overt surveillance is used to see if the target changes his behavior. It is to harass and put pressure on the fighter. It can also be use as a deception for covert surveillance when the target sees the overt surveillance disengaging and then thinking he is not under surveillance anymore and lets his guard down. The fighter should always be vigilant.

Chapter 6

Operations

Principles of combat

To be successful, a resistance needs to follow three (3) principles to be successful in its fight:

- The resistance should not fight for territory.
- The resistance should avoid confrontation with large forces.
- No battle is decisive in the ultimate victory, it's a war of thousands of battles

Mao summarized the combat tactics of guerrillas as follows:

"The enemy advances, we retreat; the enemy camps, we harass; the enemy tires, we attack; the enemy retreats, we pursue."

Keys to a successful operation

To execute successful operations, the resistance needs to rely on the following factors to get the upper hand against a stronger enemy:

- Surprise
- Knowing the terrain better than the enemy
- Having greater mobility and speed than the enemy
- Having superior intel
- Having contingency plans
- Being in command of the situation and be decisive so that the resistance's side is inspired and won't hesitate to act and the enemy will be stunned and incapable of responding.

Efficiency of terrorism

In case a resistance movement is tempted to dive into the world of terrorism, it should know that targeting civilians is never a good option.

The death of civilians will have the following effects:

- It will be harder for the enemy to make concessions
- The enemy will gain more power and legitimacy to act
- It will induce the public to fight against the resistance
- It will make people less likely to join or support the cause
- It decreases the legitimacy of the movement
- The message will be misunderstood. Killing civilians is a poor way to communicate a cause

Why the enemy does not care about civilians suffering

The enemy could not care less about terrorism since they are not part of the people. The enemy is simply a coalition of individuals who want to gain power at all cost and increase their wealth.

The coalition does not need expendable civilians to survive or thrive; the only thing that matters to them is profit and power. For this reason, attacks against civilian targets simply reinforce the power of the enemy by letting it justify harsh and extreme actions. . They may hypocritically display care for the population but only for a strategic purpose.

Operation fundamentals

In this part, the basics of a normal operation and many other forms of operations that can be done by a small group will be discussed.

Operation process

1. Planning

2. Preparation

3. Executing

Composition of an operational force

To be successful, the team must be divided in elements.

Operations can be done by small teams of four (4) to eight (8) men. In an improvised explosive device (IED) ambush or targeted killings, the party may be composed of only one (1) or two (2) men.

Command element

This element coordinates and controls the operation. It consists of the leader of the operation and the second in command.

Assault element

Does the primary mission: kill or capture the enemy

Support element

Provides fire support for the assault element (armed with heavy weapons and explosives).

Prevents the enemy from escaping through the front or rear of the objective. If there's a demolition team, it's part of the support team.

Special task teams

Eliminate sentinels, breach obstacles, destroy targets, lay mines, destroy targets and conducts searches on the objective. It is assigned to members of the assault and support element

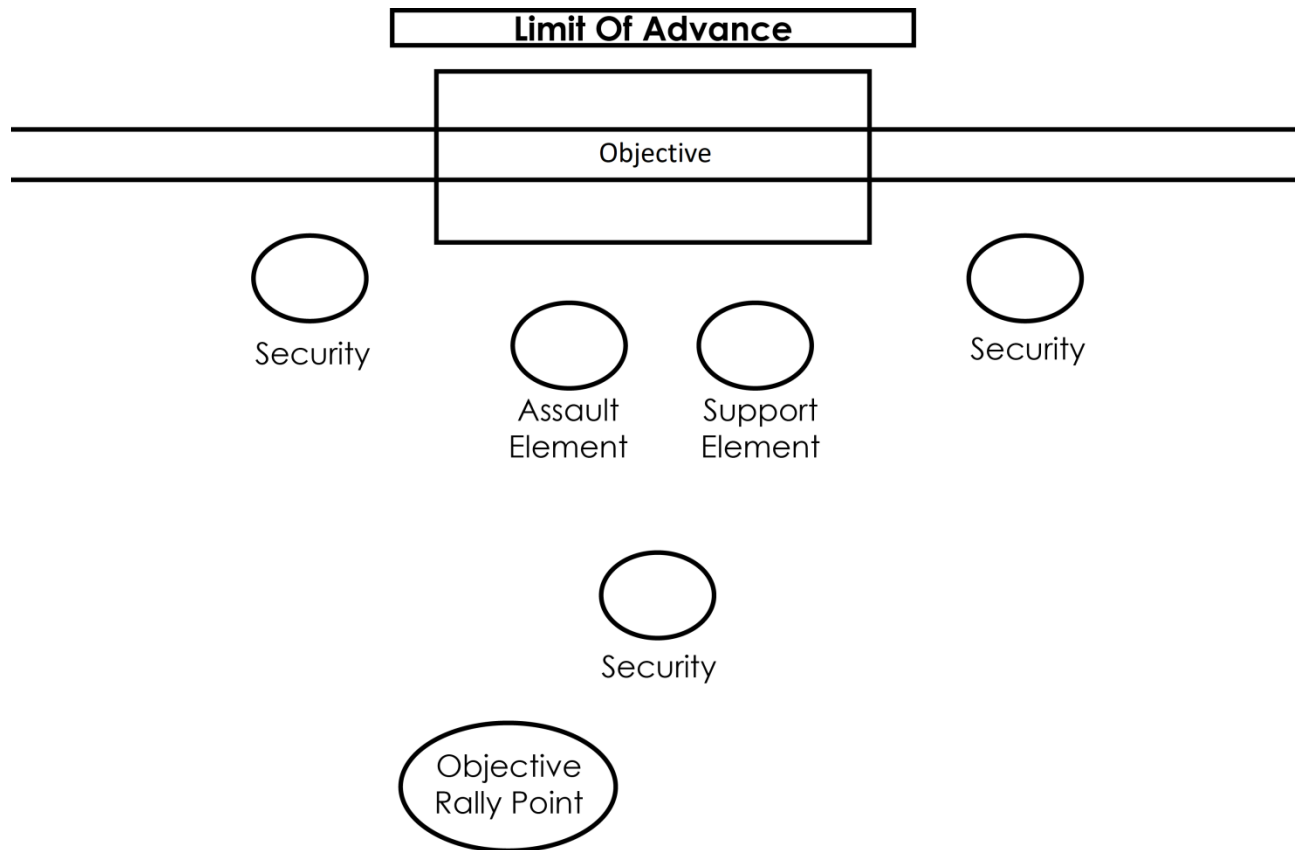
Security element

Provides all around security. Covers all areas of approach into the operation site that the enemy might use to reinforce and provides early warning of the enemy's arrival. Also covers the withdrawal of the assault, acts as a rear guard where necessary for the command and assault elements, and secures the rally point.

If the operational force is small, elements can be a hybrid. The support element can take the role of the security element and the command element can join the assault or support element when needed during the operation.

What it looks like

Here is an example of how the elements could be positioned in a generic operation.



Step 1: Planning

Intelligence

The first step in the planning is to collect information to be able to layout the most efficient plan to execute the operation. It is needed to prepare a precise plan, to know what equipment to bring, how to do rehearsals, identify targets and to plan support. Intelligence about the area of operation, the enemy and the enemy's reaction must be collected.

Intelligence on the area of operation

- Detailed descriptions of possible routes with the advantages and disadvantages for each one

- Any possible obstacles to the routes with measures to avoid it
- Special equipment needed to move on the terrain and weather
- Weather forecasts
- Possible escape routes
- Traffic
- Terrain
- Surroundings
- Presence of civilians

Intelligence on the enemy

- Strength and weapons
- Detailed information on the target
- Composition of the security, patrol routes and frequency of patrols
- Defense system
- Communication system
- Detection devices present
- Routine of the enemy
- Purpose of building and installations in the area

Intelligence related to the enemy reaction forces

- Size and location of reinforcement
- Reaction speed
- Routes available to the enemy
- Course of action, how the enemy will react
- Evasion planning if a fighter gets separated from the group

Planning of the operation

- Determination of the objective
- Determination of what information / intelligence is needed to plan the operation
- Identification of the tasks needed to accomplish the objective (what equipment is needed, how to divide the teams)
- Identification of limitations (e.g. The rules of engagement)
- Identification of available assets
- Acceptable risk level (if the risk is worth it)
- Time analysis: time available and time allocated to each phase
- Available information analysis (terrain, weather, enemy defense, patterns, reaction capabilities, possible evasions)

Planning for the area of operation

- Movement to and in the objective area
- Control measures
- Signals and communication (including codewords)
- Special team tasks and sequence of actions
- Alternate routes, control measures
- Primary and alternate routes
- Emergency plan
- Evasion plan
- Alternate communication plan (if communication equipment fail)

Planning of the withdrawal

- Primary and alternative routes
- Link up with the security and support elements
- Evasion plan
- Prisoner handling
- Alternate extraction plan

Target Selection: CARVER

To select a good target for an operation, each possible targets can be analyzed using the CARVER system.

- Criticality: How important is the target
- Accessibility: Can the target be reached successfully (infiltration, exfiltration, etc.)
- Recuperability: Amount of time necessary for the enemy to recuperate from the attack
- Vulnerability: How vulnerable the target is to an ambush
- Effect on populace: Will it have a positive or negative influence on the local population and the cause
- Recognizability: Can the target be recognized? In case of a kidnapping, can it be isolated by fire without being killed? (Considering time, weather, terrain and geography)

Step 2: Preparation

Preparation should be constant. The fighters should be trained in all environments in their territory and should be able to accomplish almost any tasks in the organization on the basic level. They should also be trained on multiple weapons and if possible, also on the enemies weaponry. To prepare for a specific operation, it is important to rehearse the operation as a group on a map and also in an environment similar to the one of the operation. The fighters should rehearse over and over until they are able to accomplish the mission without even thinking about it. As stated in previous chapters, the rehearsal should be as close as possible to the real operation. The same equipment, weapons, and gear should be used. It is important to make sure that the equipment is working properly before the operation and that everything is tested. Everything should be in good condition and ready for the operation. This means charging the batteries, doing an inspection on the vehicles, filling the gas tanks, test firing weapons, etc.

Step 3: Executing the operation

Insertion into the area of operation

The team enters the objective area:

- It should be done in a way to avoid the enemy detection. Stealth, speed and use of deception and disguise in movement will help to create a surprise effect and to provide protection to the fighters. Unexpected routes, terrain, bad conditions that will lower the

visibility of the enemy, deception, ruses, feints, etc should be used. One critical element is the availability of unobserved routes of approach and withdrawal.

- It should include a plan if detected en route to the objective with an emergency withdrawal.

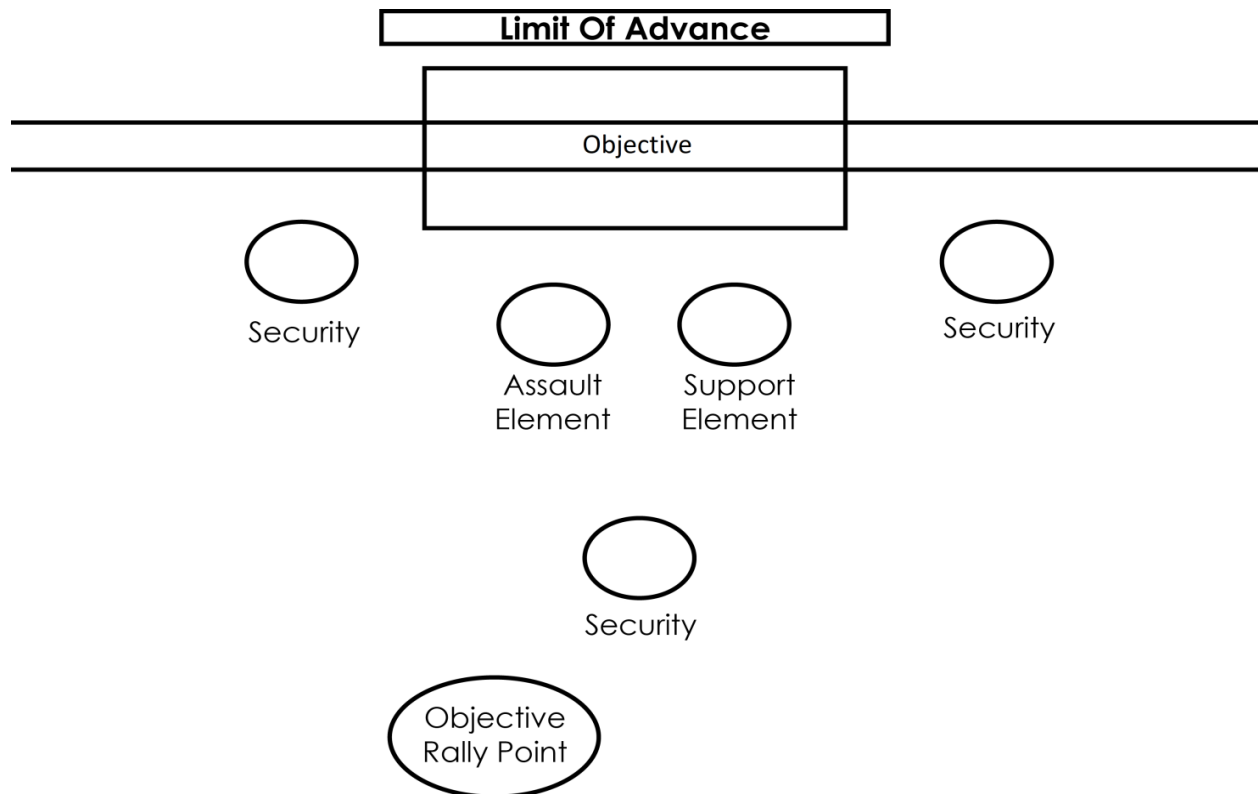
Occupy the Objective Rally Point (ORP)

The Objective Rally Point (ORP) is a rally point used before moving on the objective itself.

The team takes position at the ORP:

- Stop all movement and lay low
- Look around for movement
- Listen for what the normal sounds are. (if vehicle traffic nearby can be heard, it is not a good place for an ORP, unless it is unavoidable in an urban setting)
- Wait around 10 to 15 minutes

*The ORP should be around 100 meters from the objective



Reconnaissance of the objective

- The leader of the operation passes out the five points of the contingency plan before doing a reconnaissance using the GOTWA:
G: Where I am going, O: Others I am taking with me, T: Time of my return, W: What to do if I do not return, A: Actions if the ORP or reconnaissance team gets in contact with the enemy
- The leader of the operation takes the security element with him and does a reconnaissance of the area
- The leader puts the security element in a suitable position.
- The leader takes notes of suitable positions for the Support and Assault element.
- Based on the reconnaissance, the leader confirms, cancels, or modifies his plan.
- The leader returns to the ORP and inform fighters at the ORP of the situation.

Emplace the security and the other elements

- The leader directs the support to the designated positions and makes sure the support element can provide efficient fire.
- The leader directs the assault element to the designated position and makes sure that the position is close enough for immediate assault if the assault element is detected early.
- Friendly civilians who stumbled into the operation are detained until after the mission.

Assault and complete the objective

- The assault begins either at a specific time, at the leader's signal, when the target reaches the killing zone or the signal can be pre-planned fire.
- Upon gaining fire superiority over the enemy, the leader orders the assault element to advance on the objective.
- The leader signals the support element to either shift and or cease fire.
- The support element covers the assault element
- The breach team moves to emplace charges using the acronym SOSRA (Suppress, obscure, secure, reduce, assault). Suppress the enemy, obscure the position (e.g. by using smoke grenades), secure the position, reduce the obstacle, and continue the assault on the objective.

- The assault element should go through the objective until it reached the designated limit of advance (LOA).
- The assault element secures the LOA, redistributes the ammo between its member, provides first aid and prepares the wounded for evacuation and provides a situation report to the leader of the operation.

Withdraw from the objective area

- If there is any prisoners or wounded, they should be evacuated before the withdrawal of the operational force.
- The leader recalls the assault element.
- The assault element goes back to the ORP.
- Once the assault element has withdrawn, the support element goes back to the ORP.
- The security team goes back to the ORP.
- Once an element reaches the ORP, it places itself in an all-around defence using the diamond shape formation.
- The leader of the operation accounts for the fighters of the operational force and the equipment and disseminates information.
- The operation force then extracts from the objective area.

Prisoner management

Prisoners should be handled using the five (5) S: search, silence, segregate, speed, and safeguard.

Search: The prisoner needs to be searched for anything that can be used as a weapon or as a way to escape. He must also be searched for any useful intelligence.

Silence: Prisoners should be silenced from the moment of their capture until they have left the battle zone. Prisoners should also be handcuffed and even have their leg tied in some situation.

Segregate: The prisoners should be segregated by their hierarchical statuses to avoid the prisoners organizing an escape.

Speed: The prisoners should be taken away from the battle zone as soon as possible. This will reduce his escape chances and the chances of injuries.

Safeguard: The prisoners should be protected against any harm. The prisoners should be able to

keep their protection gear on the battle zone if needed.

Deliberate ambush

This section discusses the different types of ambushes, factors to take in consideration when planning an ambush and other tips related to this topic.

Definition: An ambush is a surprise attack from a concealed position.

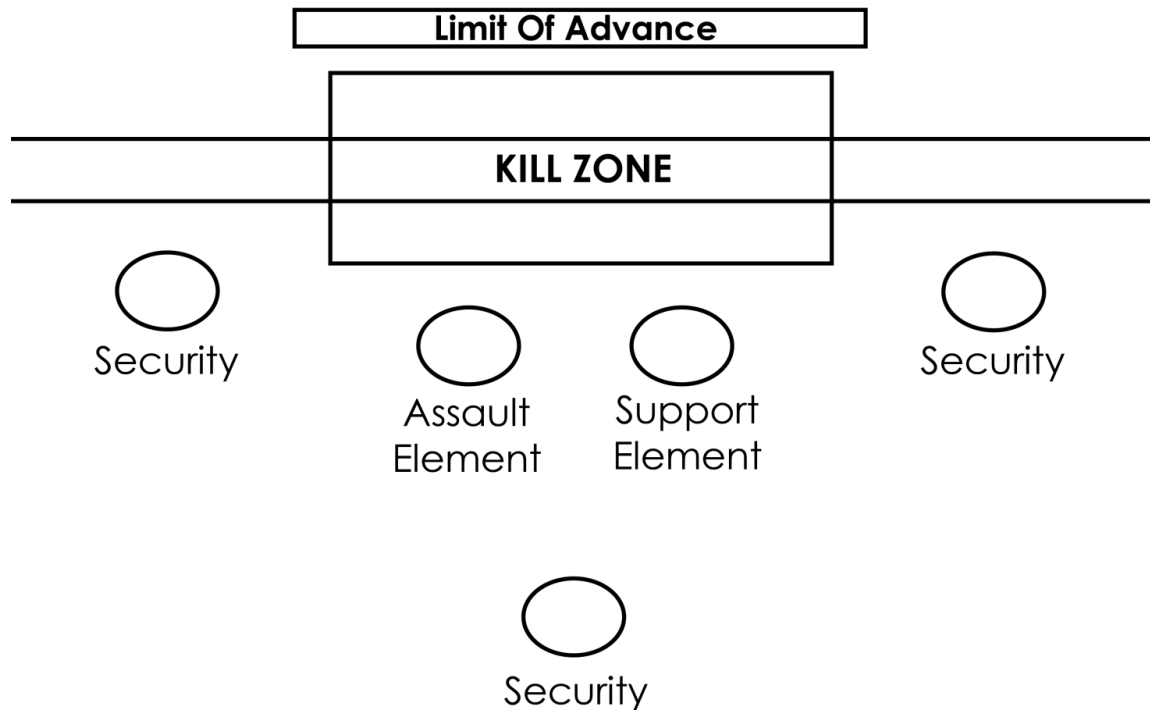
A deliberate ambush can be used against:

- Any force or person about whom sufficient prior information is known
- Units or targets with patterns
- Convoys that use the same route
- Forces or individuals that are lured to a location with a ruse or deception

Ambush formations

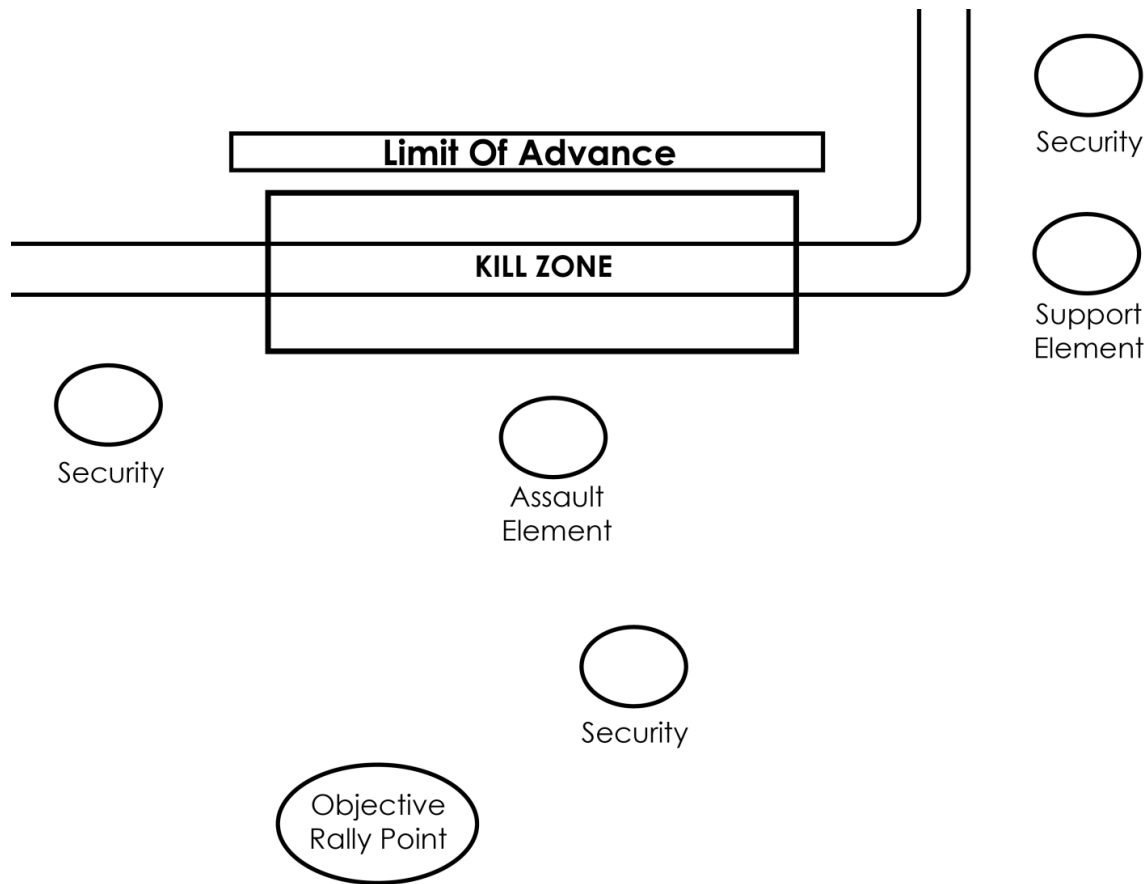
The ambush formations covered in this chapter are the straight line, the L-shape, the V-shape, the demolition and the bait-trap ambush.

Straight line ambush



This ambush uses fire from one flank to saturate the killing zone. It's very effective against a small force that is not using an advance guard. It can easily be flanked and is difficult to use against large formations. It is often sited where it is difficult or impossible to move off the trail or road. It can be positioned perpendicular to the targets line of approach (crossing the T) but it's not too good since it gives the enemy's rear element the opportunity to maneuver and flank the ambush party. Mines or booby traps should be installed on likely areas of cover and concealment on the far side of the ambush to force the enemy to remain in the killing zone or to kill them if they seek cover.

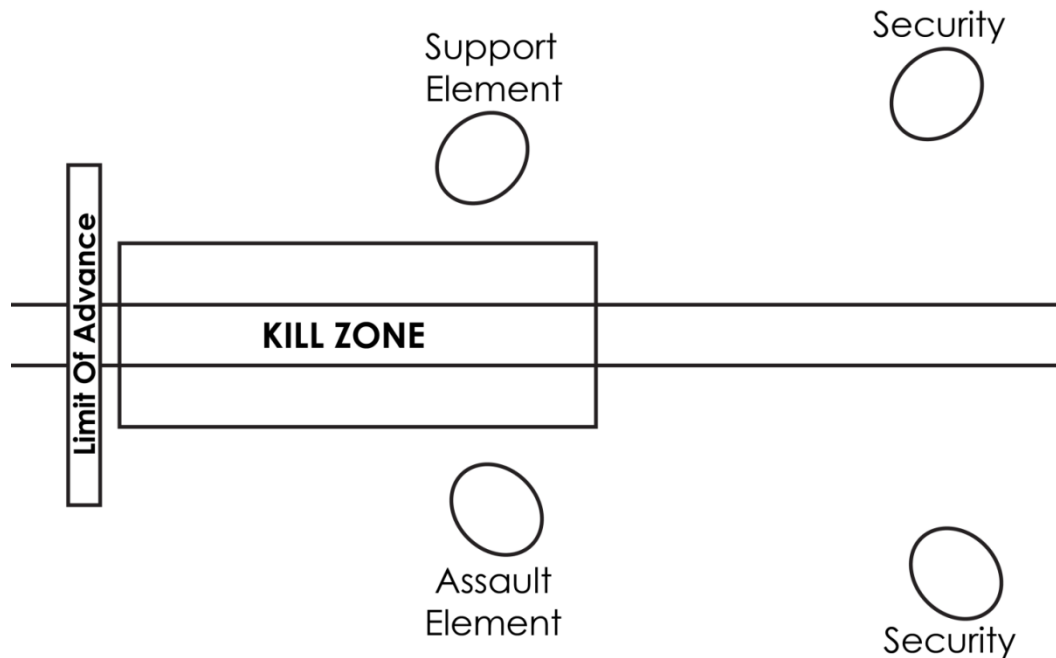
L-shape ambush



This ambush set up fire from 2 directions. It is highly effective along curves and bends. It is more difficult for the commander to control effectively the ambush party. This ambush can be used effectively against convoys. A first leg could attack the major vehicular targets with heavy fire. The second leg would then use suppressing fire against enemy personnel as they detruck. Careful placement of the machine gunner and other heavy weapons is extremely important for this ambush. Generally, the ambush party should be deployed so that the enemy entrance and exit are perpendicular to the short leg of the ambush; the long leg is usually set parallel to the expected route of the target. Mines placed on the uncovered flanks are useful to prevent flanking during this ambush. Automatic weapons should be close or in the center of each leg to allow greater overlapping fire in the killing zone. A technique called a staggered engagement can be used: one leg of the ambush fires, so it appears as a linear attack at first and then at a preset time or in special circumstances, the second leg opens fire. The special circumstances can be: the

initial leg inability to suppress return fire or to stop the enemy's efforts to organize a counterattack.

V-shape ambush



This ambush permits to fire at the enemy in all directions preventing any cover. It can be useful in some areas. If there's sufficient depth along the legs of the V, it denies the ambushed party a safe area in any direction. Using this ambush can increase the risk of friendly fire.

When used from a height, lost bullets hit the ground.

Demolition ambush

This ambush consists of using a remotely controlled explosive device to blow up the enemy.

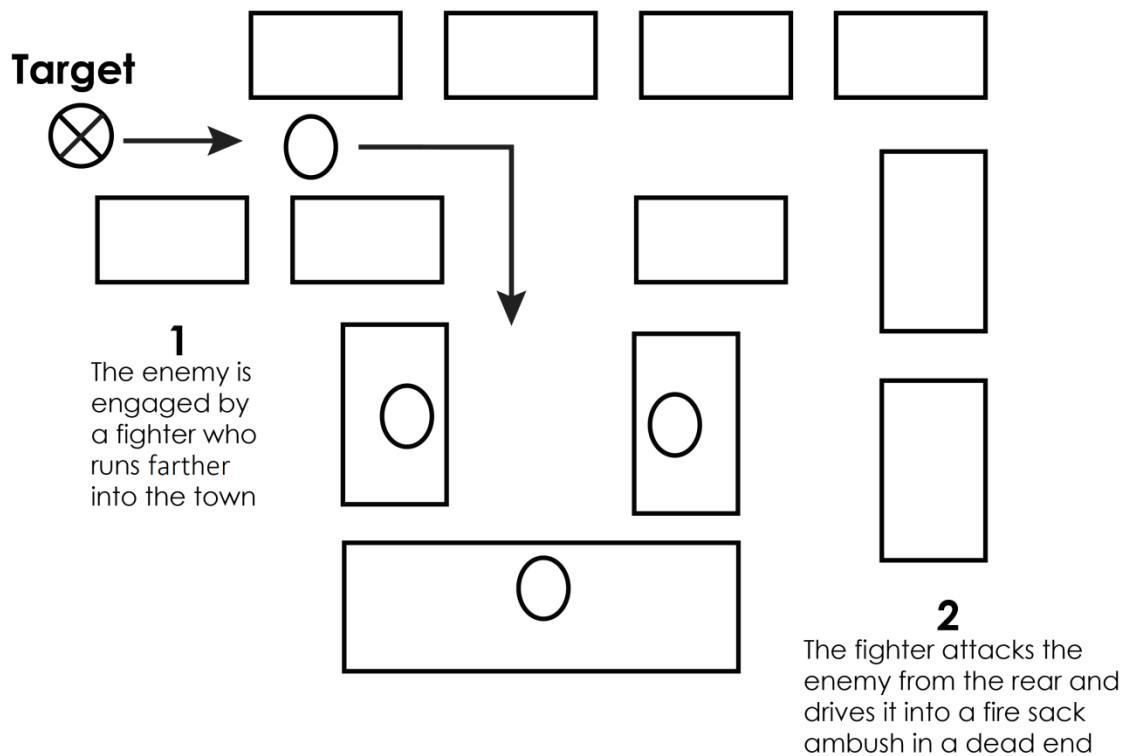
This ambush is extremely useful when the enemy is numerically superior or has far heavier firepower. It often involves radio-controlled explosions or an improvised explosive device (IED). Even a drone can be used. This ambush avoids, where possible, the use of guns so that when the

explosive blows up, preventing the enemy from knowing if it's a booby trap or how many attackers there are or where the ambushers are. A safe location to set off the explosives is from an observation point that is not within effective enemy's gunfire range if the ambush fails or is only partially successful. Security elements with radios can be used to advise the commander when the target is in the killing zone. Sharpshooters with silencers can be used to pick off enemies who try to escape after the initial explosion. The disadvantage of using this ambush is the time it takes to set it up.

This type of ambush is useful for the following objectives:

- Conducting harassing attacks that psychologically demoralize the ambushed force
- Delaying an advance
- Canalizing the defending force into a bigger ambush
- Denying safe passage through an area
- Diverting attention or finite assets of the defending force
- Frightening the defending force into treating everyone like an enemy in its population resource control measures
- Economically crippling the defending force, which in response, adds better armor to their vehicles, which makes them sluggish and incapable of pursuing ambushers into the backcountry.

Bait-Trap ambush



The enemy is lured in the killing zone through the use of his own tactics. It is useful when the ambushers know the target's standard operation procedures (SOP) and is certain of the action the target will take once the firing starts. To lure the enemy, a dead body or a weapon can be left on the ground. Small arms fire from a distance can be used so the enemy move further into a dense urban area and into a dead end where it is ambushed.

Other considerations for ambushes

Ambushes necessitate meticulous planning. The following tips should offer tips on important details on such operations.

Time of the ambush

Night: Night ambushes are effective in hindering an enemy's use of routes of communication. It

also makes getting air support for the enemy more difficult. Due to the low visibility, it is preferable for the ambushers to have automatic weapons or shotguns at close range to engage the target.

Day: Command and control is easier, it permits offensive action for a longer period of time. Effective fire is more easily executed. Due to the increased visibility, day ambushes are effective for executive (high-value targets) attacks (eg.: When the target is going to work in the morning.) as they facilitate the identification of the target.

Selection of appropriate areas and sites

Any area where surprise can be achieved can be selected.

Characteristics to look for the site selection:

- The target can be channelled into a kill zone
- There should be good fields of fire, a good view of the killzone to aim and shoot
- There should be good cover and concealment for the ambush force
- Where possible, there should be natural obstacles to prevent the target from reorganizing or fleeing from the site
- There should be concealed approach and withdrawal routes for the ambush party
- It has covered routes of rapid withdrawal

When the area is selected then the actual ambush sites are selected. Favorable terrain is everything. Limitations should be considered: deficiencies in the firepower available, lack of resupply during actions. The best ambushes are sited at locations that appear to be unlikely ambush sites but that actually give advantage to the ambusher. The ideal ambush site restricts the target on all sides, confining it to an area kill zone where the target can be quickly neutralized. Ambush site should have firing positions that offer both concealment and favorable fields of fire. If possible, firing should be done through a screen of foliage, rocks or walls. There should be no cover in the killing zone for the enemy. An ambush should be set in a way and in a location

where the ambush commander can allow the target to pass by, in the event that the circumstances change and he decides that the attack should not be carried out. The ambush party must have a good view of the killing zone when on the ambush site. At night, the ambush party must be concealed even if the daylight comes.

Navigating for an ambush

The ambush commander can use a friendly guide or local resident who knows the area and can help avoid dangerous or problematic areas to get to the ambush site. It is better to enter the ambush site from behind, the killing zone should be left untouched, or traces of the ambushers will be left behind. The most common cause of broken ambushes is failure to enter the site from behind. The ambushers should be given enough time to travel to the ambush site during the planning phase. The time required to establish an ambush is generally 30 minutes. Time is also needed for the nature around the ambush site to get back to normal. The ambushers should get on the site hours before the target arrives.

Layout of the ambush

The ORP should be defensible, and not located along any likely avenues of approach of the enemy. The ORP should be close to the ambush site. It is useful for transferring anyone who accidentally stumbles upon the ambush and who is not to be eliminated to be held at the ORP or to bring resupply to the ambush site if necessary. The ORP should be far enough from the ambush site that it will not be overrun if the enemy attacks/counterattacks the ambush. The distance will depend on terrain, cover, etc. The sectors of fire of each element should be designated beforehand to ensure the whole kill zone is covered. Mines and explosives can be installed to canalize the enemy. It may be necessary to organize secondary ambushes and roadblocks to intercept and delay the enemy reinforcements. For night ambushes, illumination may be installed behind the killzone and used during the ambush since it helps focus fire on the enemy. Targets can be illuminated using flare guns or the illumination can be placed behind the killing zone and low and so that targets are silhouetted.

Waiting the ambush

Four (4) to six (6) hours is the maximum that the ambushers can stay immobile and silent, afterwards, they will be less alert, their physical abilities get reduced, etc. Issues such as sleeping patterns, wake up signals, and communication signals should be established before the operation. Comfort items should be prepared (like mosquito repellent). Noise discipline is essential. The noisemakers should be cleared out when getting on the site (sticks, gravel, etc.). A comfortable environment should be created but should not be recognizable by the enemy. Movements should be limited as much as possible. Every movement while waiting should be slow and deliberate, to make sure it won't dislodge anything, create noise or visually alert approaching enemies. Every 15 to 30 minutes, one part of the ambush party should be moved to stave off numbness and cramping. The ambush party should empty their bladder before going in position. The ambushers must drink plenty of fluids before the operation for optimal performance. Extra clothes should be brought to wait at the ambush site, it is useful against the cold and insect bites.

Every fighter of the ambush party should have their guns on safe while waiting. Safeties should be removed at some point between the initial warning signal from the flankers and the commander's signal to open fire. This technique is not good for slowly moving foot patrols or units on a march. It might be audible to the target or to birds and animals around who will get scared and alert the enemy.

Initiating fire and actions during the ambush

When someone approaches, the first security element to see the intruder passes the information to the fighters of the ambush party. The rest of the team uses any means of communication already planned (tugging or squeezing other fighters, etc.) to inform the commander. Nobody should react to the enemy's presence except to pass the information. It is up to the commander to initiate the ambush. Fighters normally stare at their targets and for some reason, people can feel when they are being watched (especially at short range). The ambush party should be instructed to use their peripheral vision to watch the enemy. It's always the commander or his designee who decides to initiate the ambush or not. It may be a predetermined signal or when the target has reached a designated point. The ambush can also be initiated with a weapon or explosives. Only casualty-producing weapons should be used to initiate an ambush. If a whistle or other signals

are used, it gives the enemy precious seconds to react. The ambush commander should wait until the enemy force is well into the killing zone before initiating the ambush. He should wait for at least 90% of the enemy force to be in the killing zone. When 10% of the enemy force is out of the killing zone, they have too much freedom to flank and use fire against the ambush party. If attacking a vehicle column, the initial strike should target the front or rear vehicle, whichever is the weakest point of the ambush. If both fronts are equal strength, the initial strike should be directed at the trailing vehicle in order to prevent an accurate report from reaching the lead vehicle. This will likely cause greater separation in the convoy, preventing effective mass counter fire from the attacked vehicles and increasing probability of ambush success. Often when targeting a high-value target, the advance guards of a column is allowed to pass through the killing zone. When the high-value target reaches the predetermined point, it is halted by fire/obstacles/explosives. At this point, the entire assault element opens fire. Designated fighters of the ambush party engage the advance and rear guards to prevent reinforcement of the main column.

In some cases, before all the enemies has been killed at an ambush site, the commander may call for an assault on a target. In that event, the attack is launched under covering fire using a prearranged signal.

Urban Sniper

The urban sniper is a sharpshooter that must act in absolute secrecy, take his shot and leave the area. It is an extremely powerful weapon that can be used by a weaker organization/political movement against a more powerful enemy. He uses the urban environment to hide and escape easily while the enemy struggles to keep up.

The urban sniper can be used for many reasons:

- Eliminate important targets like senior officers or politicians
- Slow the enemy
- Kill as many enemies as possible
- Create propaganda (e.g. by filming his successes and publishing them)

- Terrorizes psychologically the enemy
- Make the enemy overreact so that he causes collateral damage that can be used for propaganda and to mobilize the population against the enemy.

Weapons

Urban snipers can use a wide variety of weapon to accomplish its task. It depends on the context and on the availability of the weapons. Even a .22 caliber rifle or a 9 mm pistol with a scope can be useful for sniping at shorter distances. The mind of the sniper should always be open to new ideas and tactics.

Preparing for the Operation

To prepare for the operation, the sniper needs to do the same process as in an ambush. This will focus on what is specific to an urban sniper operation.

Here is a list of what should be done prior to an operation:

- Prepare multiple insertion and extraction routes
- Create a good cover story for potential enemy patrols and always be calm and polite
- Blend with the local population (appear as a normal citizen, conceals his weapon, etc.).
- Plan a route to be able to move to and from the firing positions while under the observation of the enemy and the public without raising suspicion
- Research the enemy's forensic methodology

Shooting location

Choosing the right shooting location is essential for a successful urban sniping operation.

Elements to consider when choosing the location:

- Choosing an isolated spot where no one will see the sniper take the shot

- Having a physical obstacle between the sniper and the target if possible (e.g. a river)
- Choosing a location where there are many potential shooting spots (e.g. Choosing a place where there is a building in front of the other so the enemy won't know from which building the shot came from)
- A location that offers good insertion and extraction routes
- Roof top positions expose the sniper to aials
- The sniper must not shoot from an obvious or perfect shooting location

Camouflage

It is important for the urban sniper to camouflage himself during the operation.

Here are some ways the sniper can use to camouflage himself in a room:

- Standing at the back of the room to hide the muzzle flash
- Using his environment as much as he can: moving furniture, closing the curtain, etc.
- Putting mesh in front of windows to be able to see outside while preventing outsiders from seeing inside
- Using a sheet to cover himself and making holes for the barrel and scope only

Hide site

If the urban sniper plans to stay in his position for an extended period of time, he needs to make a hide site. He must be able to exit and enter the site without being seen. He must cover the entrance of doors with a sheet to avoid the momentary change of light that can be seen from the outside. He must cover his movements inside the room. One technique is to create corridors that are used to walk around within the room by hanging sheets from the ceiling or the walls. Another technique is to block the window and leave only a small hole to shoot from. Another technique is to create a small hole in a wall. He can make the place comfortable. He should prepare a sitting position if he can since being prone for long periods can be tiring.

A good way to have a hide site is doing a home invasion. Once a private house has been chosen as a shooting location, a security team conducts a forced entry and hold the occupants. This is only for a short period since people will notice that the occupants are missing after a while and may draw attention. A vehicle can also be used as a shooting platform, a subject that will be covered later in the book.

Observation methods

While waiting in the hide site, the urban sniper will need to observe the environment.

- By making a hole in a wall and put a spotting scope in the hole. When not in use, the sniper must use foam balls painted black to fill the hole.
- Making a hole in a wall and put a camcorder in the hole to record enemy activity. This way, the sniper does not need to be present and can watch the recording later.
- By using a periscope
- Doing it in broad daylight by mixing with the population, by doing daily activities like going to the market or taking a coffee and observing the enemy forces
- Paying civilians to observe for the sniper. e.g. pay students or workers to report information about the enemy or the target.

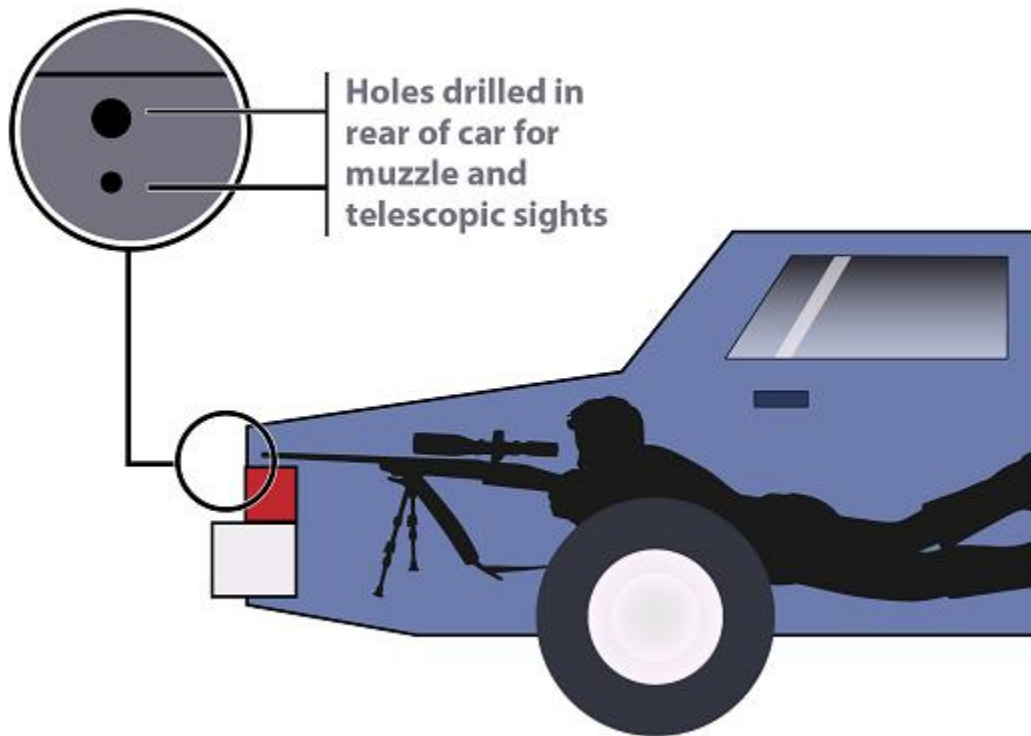
Post-shot activities

After the shot, the sniper needs to dissociate himself from the scene of the shooting and leave the area. This can be done by either by fleeing the scene as fast as he can to reach a safe site or by simply walking away and blending with the population while leaving the area.

Sniping from a car

This tactic was used by the IRA, the DC snipers and the Iraqi insurgents. The shooter would simply shoot from the trunk of a car. This way, the trunk conceals the muzzle flash, leaves the smoke in the trunk and the cartridge is ejected in the trunk. It is easy to have a shooting location

almost anywhere, the location of the shooter is very hard to determine for the enemy and it is easy to escape afterwards.



Here is a picture of a modified trunk of a car that was used in such manner:



The first thing the sniper needs to do is to prepare his car for the operation

To do this he needs to do the following:

- Having the windows of the car tinted
- Using sun shades if necessary
- Modifying the back seat of the car so it can be lifted so the shooter can crawl to the trunk of the car
- Making a hole in the trunk of the car to be able to make the shot or removing one of the back lights of the car or a way to lower the bumper to take a shot and then putting the bumper back in its place. Note: Making a hole constitutes prime evidence for the enemy if found out
- Installing mattresses in the trunk to absorb the noise of the rifle
- When not shooting, concealing the holes
- Using a stolen car or fake/stolen plate when doing the operation
- The back of the car can be armored to protect the shooter against potential retaliation

from the enemy

Actions during the operation

A driver and a shooter would get to the designated shooting location. The shooter would then simply slide in the trunk, take position with the rifle and take the shot. Finally, the driver would simply slowly drive away from the zone. Of course the operation still needs to have to be carefully planned before the execution just like any ambush. It is recommended to use a stolen vehicle for the operation to have no links to the persons implicated.

Kidnap and ransom

Kidnapping enemy targets can be a great way to either gain money or for propaganda purposes. This technique is better used against enemy civilians like propagandists (journalists under the control of the enemy), politicians, businessmen, etc.

There are seven (7) phases to a kidnapping:

1. Preparation and reconnaissance
2. The snatch
3. Holding the target and the interrogation
4. Propaganda
5. Negotiation
6. Collecting the money and releasing the target
7. Dispersal of the money

Preparation and reconnaissance

The most important decision in a kidnapping is the selection of the target.

The primary factors to select a target are:

- The family or company is rich enough to find a large ransom and how likely they are willing to pay. The character of other members of the family or the company may also be a consideration. How likely are they going to pay.
- The target's vulnerability: his lifestyle, the publicity attached to the target, predictability of his movements, his attitude toward precautions and security, and his protection at home at work and on the move.
- In political kidnappings, prospects for publicity, the potential leverage on the government, and potential extraction of information will be important.

For the reconnaissance the fighters need to gather the following information:

- Potential target's background
- His character
- His health (e.g. If he needs medications)
- His strong and weak points.
- His movements and security
- His work
- His home
- Time of his departure and return from work
- The routes he takes
- The car he drives
- How he spends his free time
- Places where he spends his vacations
- The entrances, exits and surrounding area of his house
- Traffic congestion times
- Number of people who are inside the house
- Number and location of guards
- Number of floors and rooms
- Electric box location
- Individuals' times of entrances and exits

- Inside parking

It is necessary to make a dossier of the target's family, friends, business associates, legal advisers and others whom they think might prove useful during the negotiation.

This will be followed by a detailed reconnaissance on the field, first to select the best occasion for the snatch, and then to examine the chosen site in detail, the habits of guards and the security involved.

In case of a kidnapping on the road, rehearsal runs may be done and also monitoring the target's journey to and from work.

The snatch

The target is usually the most vulnerable when he is on the way to or from work, fairly close to his home or office since it is difficult to vary his route, even if the target changes his schedule or the car he uses. Narrow streets are better than broad ones since on broad ones, a trained driver can take evasive actions.

There are many possible variations. If the target walks from his front door to an outside garage, this may be the easiest snatch point. If the victim is vulnerable walking, a single car could be all that is needed.

Kidnapping at the victim's home is far more difficult and usually involve entry by deception. For example: by delivering a package. This should not be attempted if the target is prepared for such threat and take the necessary precautions.

Kidnapping from inside the target's office is even harder, unless there is no entry and exit check. It may also be possible if there is a way to infiltrate the staff or by deception.

Trickery can also be used. Kidnappers can disguise themselves as police officers and do a roadblock, they can also stage an accident to block the way of the target's car, etc.

Holding the target

The holding area can be concealed to be less vulnerable to enemy's searches or it may be in a normal room in which case the victim will be blindfolded and ears plugged permanently to make sure the target does not remember details of the holding area or the team holding the target, which could be useful to the enemy once the target is released.

Guarding the target is a risky task because they can be caught in a police raid or because the released target may be able to identify them later by either their voice or their face/eyes. Guards should be low-level members of the organization or be expendable. Guards should know as little information as possible about the operation. Guards could even be hired and not be told anything about who is hiring them.

Interrogation of the target

Interrogating the target can be done to extract useful information or to discuss points raised during the negotiation.

Using physical torture will raise hatred and in the end only help the opposing side. There are more subtle and effective techniques which are the techniques of mental disorientation. These techniques consist of humiliation and degradation; by denial of sleep and food, by continual blindfolding and ear plugging or by alternating between periods of noise and light and periods of total silence and darkness. The interrogator will likely need to stay for a long time with the target to build a relationship of psychological dependence, since the target relies on the interrogator for food, water and human contact. This can develop into a rapport which can be helpful for the interrogator.

One useful type of information to gather is information to blackmail the target in the future. This information can be used to make sure the target does not provide information to the enemy about what was seen or heard during the kidnapping operation or to use as leverage against the target in the future.

Propaganda

The primary aim of political kidnappings might be propaganda. If that is the case, the kidnappers may request the broadcasting of a manifesto, the release of prisoners, the payments of a ransom or other political demands.

Photographs or videos can be sent to friendly journalists stating who the organization is. Selected journalists could also visit the holding area, using extreme precautions.

The political connections could also be concealed to avoid the intervention of the government until the ransom has been paid.

If the kidnappers are looking for money, they will want to avoid publicity hoping that the target's family may settle without involving the police or even the public from ever knowing about it.

Negotiation

The first call or written message must include a warning not to inform the enemy. It also serves to dominate psychologically the situation from the start. The first person to be informed of the kidnapping should be chosen wisely. Kidnappers must demand immediate payment of the ransom while the target's family or company is in a state of shock and before they realize that the target will likely not be killed in a hurry if the goal is to receive a ransom.

The kidnappers should have an idea of how much the target's family or company can pay. They must ask for more to have some room for negotiation. They could also choose a sum that is reasonable in the hope of getting an immediate settlement.

The reaction to the reply of inability to meet the demand should be harsh and threatening.

If the family or company does not panic, the kidnappers need to ready themselves for a long haul, and their main concern must be to keep the enemy out of the negotiations and to frighten the negotiators into using a means of communication that is not tapped. Both sides will probably agree to use the same negotiators for the whole negotiation so that they know each other.

Collecting the money and releasing the target

Collecting the money is the most dangerous task. The money and the target should not be exchanged simultaneously. It shouldn't be done unless the kidnappers are worried that the enemy are onto them and think it is worth the risk by settling quickly by an exchange if that is all the family or company is willing to accept.

A major concern is the traceability of the money. The kidnappers should demand notes of small denominations, not with consecutive numbers to avoid that problem. They should check for chemicals markers or other markers on the money.

The main concern is to ensure that the handover of money is not ambushed or under surveillance by the enemy. Even if the negotiators did not contact the enemy, it is possible that the enemy is intercepting the communications without the negotiators knowing.

One way to counter this problem is to do a series of treasure hunt in a complex plan to drop the money, with each location being watched to ensure that the person dropping the money is not being followed.

The kidnappers want to make sure there is no risk for an ambush, that they are not seen by the enemy and that they remove any trackers that could lead to them.

A typical way for collecting money

The money carrier is instructed to go with the money in a suitcase to a public bathroom where they will pick up the first set of instructions. This instructs him to go to a specified location to take a stolen car and go to a third location, where he should walk for a long time to reach his final destination. Only when it is sure that the dropper is not being followed that the kidnappers show themselves to take the money and leave with the stolen car. The kidnappers then go to another location where they switch to another car to avoid the money carrier to report the description of the first car to the enemy.

Dispersal of the money

Kidnappers can be easily identified because they are seen with a lot of money in cash to spend. The first task after getting the money should be to make sure it is genuine. The money should be inspected to make sure that it is not counterfeited money and that it is not tainted by chemical markers or other kinds of markers. Kidnappers should wait until this step is done before releasing the target. The money needs to be dispersed as soon as possible after the operation to avoid this problem. One way to do it is to spend the money far from the kidnappers' territory. Another way to do is to spend the money in small amounts at a time.

Counter kidnapping techniques

The enemy might be trained to resist kidnappings. The target will try to remember as much information as possible on the kidnappers and the kidnapping to help the enemy after the fact

Here are the points the target will try to remember and that the kidnappers have to have in mind to either prevent the target from gathering useful information or to do disinformation:

- How the kidnappers are dressed
- How many voices are heard
- What language the kidnappers use and if there is any accent
- The names used by kidnappers when they talk to each other
- How many turns was there on the extraction route and how long was the traveling time
- What noises can be heard (e.g.: hearing trains or water flowing, etc.)
- Is the vehicle using city streets, the highway, or roads on the countryside
- How long the extraction took
- What are the noises coming from around the holding area
- Is there any specific smells

- Is there other targets in the holding are

The target will also try to plant evidence in the vehicle and at the holding area. He may use spit, blood or hair and plant it around to help the enemy gather evidence during their investigation. Another trick the target can use it to have a good behavior to incite complacency. He will do as he is told to lower the guards' vigilance and try to escape when opportunity strikes. The targets may also try to create a rapport with a guard in order to manipulate him. One last trick from a trained might be faking a health problem to slow the kidnappers or to pressure them to release him earlier which can lead to fatal mistakes from the kidnappers.

Strong points and weak points of kidnappings

Strong points:

- Kidnappers have the initiative: they can plan ahead every step of the operation and have alternative plans for unexpected events.
- Kidnappers know where everyone is and can monitor the enemy and the negotiators
- Kidnappers are willing to kill the target, while the enemy have self-imposed restraints
- Kidnappers know that most families and companies will pay rather than having the target killed and that most kidnapping operations are successful

Weak points:

- Kidnapping operations are expensive to realize
- Kidnappers will not get money if the target is killed
- Kidnappers need to prove to the family or company that the target is alive before they are paid
- Time is on the enemy's side, every day increases the change of detection and that every day the enemy accumulates evidence
- Kidnappings can last up to months and even years before the target is released.

Demoralization operations

The enemy should be fought on every front including the psychological front. The goal of demoralization operations is to deteriorate the mental state of the enemy and his capacity to fight. This can be accomplished in several ways at a very low cost.

Infiltrating the enemy: The enemy will depend one way or another on locals to provide them with services, like food, gasoline and other services. This gives the resistance the opportunity to infiltrate the enemy and not only gathering intelligence but also to make the life of the enemy miserable. This could be done by serving expired food which will create indigestion, contaminating water, sabotaging their heaters or air conditioning and any other way that could make the life of the enemy worse. This will make the enemy mentally tired and lower his morale. There are many ways to affect the psychological well-being of the target. There is a lot of examples throughout history of this kind of psychological warfare that can be researched, especially in East Germany, who had their own technique called *Zersetzung*.

Cyberbullying and propaganda: Many of the enemies will have an online presence; it is possible to find out about it if they show that they are part of the enemy organization on their social media pages or by using other methods like create fake dating profile to target them. This can be used to gather information or to demoralize them by either exposing them to propaganda and war crimes committed by their organization or by simply by cyberbullying the enemy. The cyberbullying can take many forms and can take a huge toll on the enemy's morale. The enemy can be harassed online and his friends and family too could be targets since this will also create stress on the enemy. Telling the target that you know where his family lives for example could create a huge amount of stress in his life and will take his head off the fight. Targeting enemies who are in a couple with fake dating profiles to then either blackmail them or to stir drama in their family life can also be an option. The possibilities are endless and every option should be thought of.

Conclusion

“When injustice becomes law, resistance becomes duty”

Tyranny can and should be resisted. This book showed how a small group of individuals can hold up against a far superior force. The most important things that should be remembered from this book are that meticulous planning, good morals, knowledge and initiative are the keys to success. Freedom should be protected at all cost since living under oppression is not a life worth living.

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