

CIVIL SOCIETY WATCHDOG



MANUAL 2024

THEME : “Tukate Miti Ndio Zakayo Ashuke” and other Actions

Exercise Commencement Date - June 18th

#OccupyParliament

LIMITED EDITION

DISCLAIMER

Due to the fact that there are countries starting to face their governments/regimes, a "MAANDAMANO Guide" is needed as a how-to guide to demonstrations. So this guide exists to rectify that situation.



MANUAL 2024

**“WE ARE SETUP LIKE CLASSIC OCHESTRAS
BUT THIS IS THE AGE OF JAZZ”**

Rishaad TAB....

LIMITED EDITION

CHAPTER



CONVERGENCE

Assembly and Diversion Points



MANUAL 2024

LIMITED EDITION

CHAPTER

1

CONVERGENCE

Locate Clustered Assembly Points

Find Clustered Assembly points Across the City That Are
Oscure and Non Obvious . Assemble in groups of 5 or less
and unite with all Protest Participants .

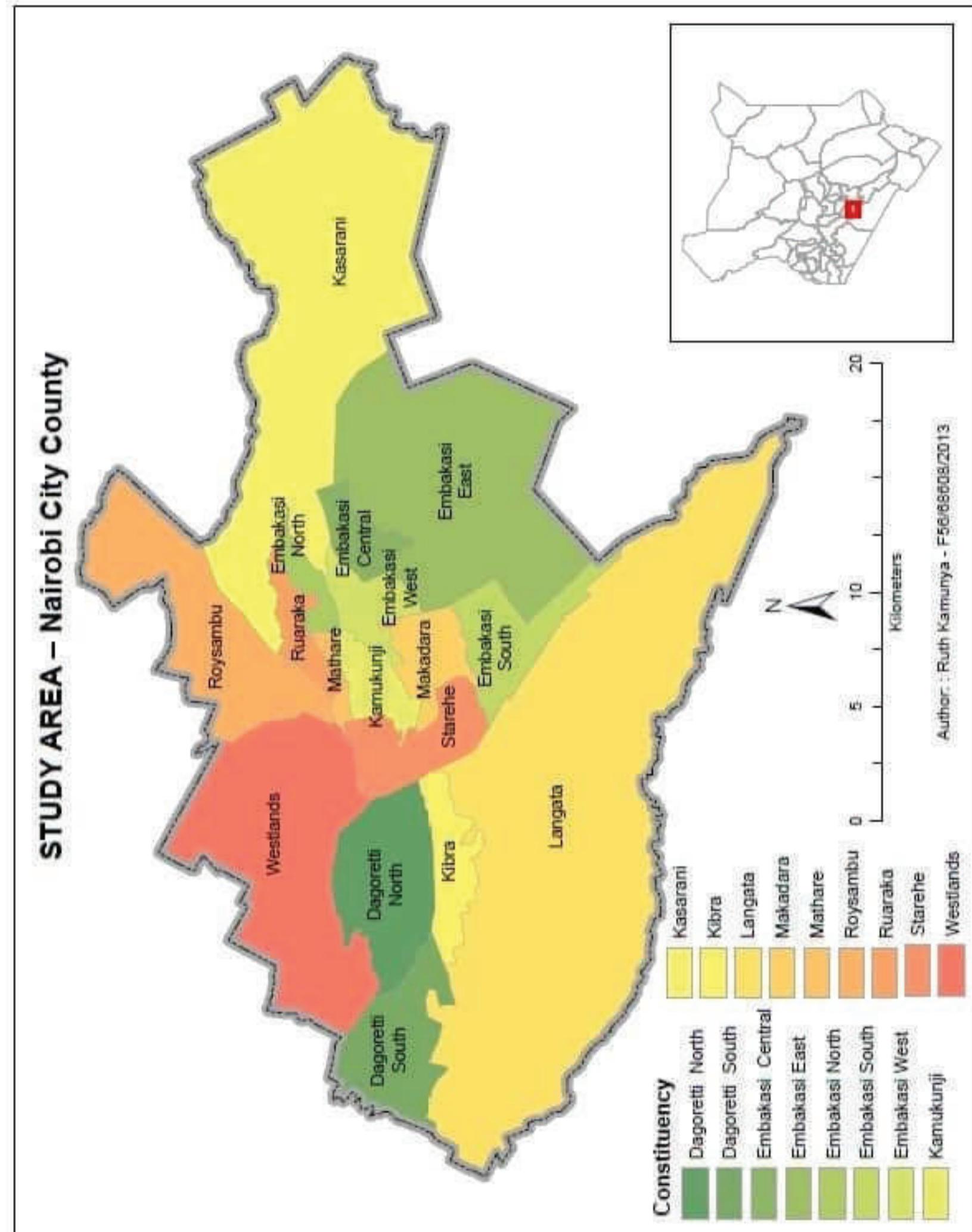
Plot your route on The Map in the next page and Keep It tight
Knit and on a need to know basis incase of infiltration and
interception of the communication by authorities.

Share Locations and Information Via the SIGNAL and TELE-
GRAM APPS only ... dont use FACEBOOK , TWITTER , INSTA-
GRAM for they are all Government Backed and GOK through
the Puppet masters have Bckdoor Access.

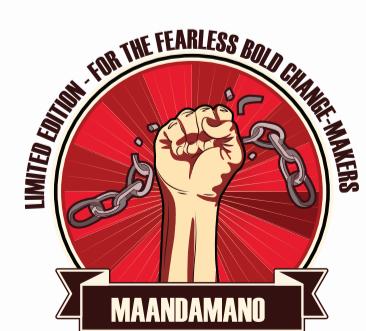
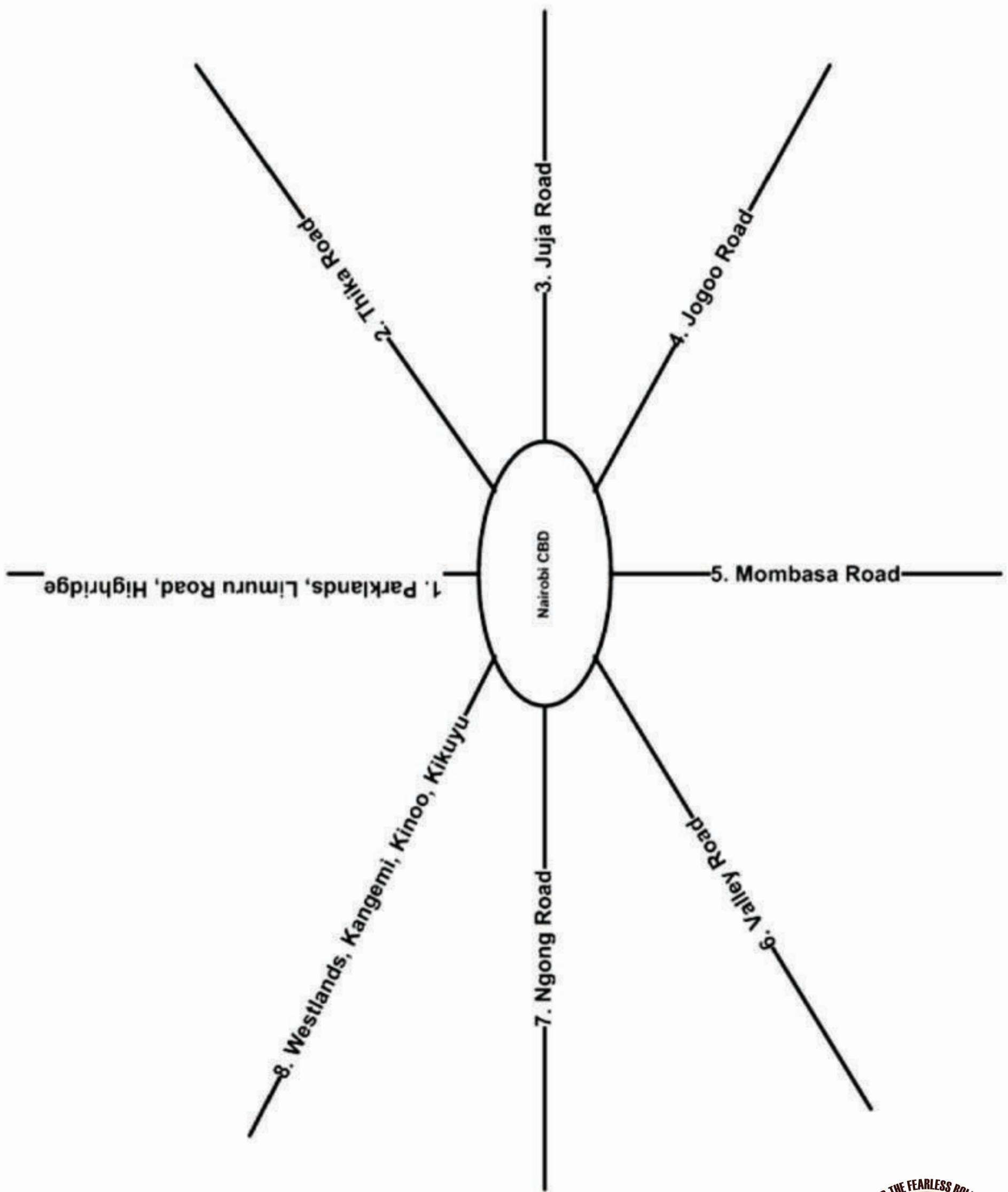
"PRINT THEMAP , IF YOU CAN , AND HAVE IT WITH YOU"



MANUAL 2024



MANUAL 2024

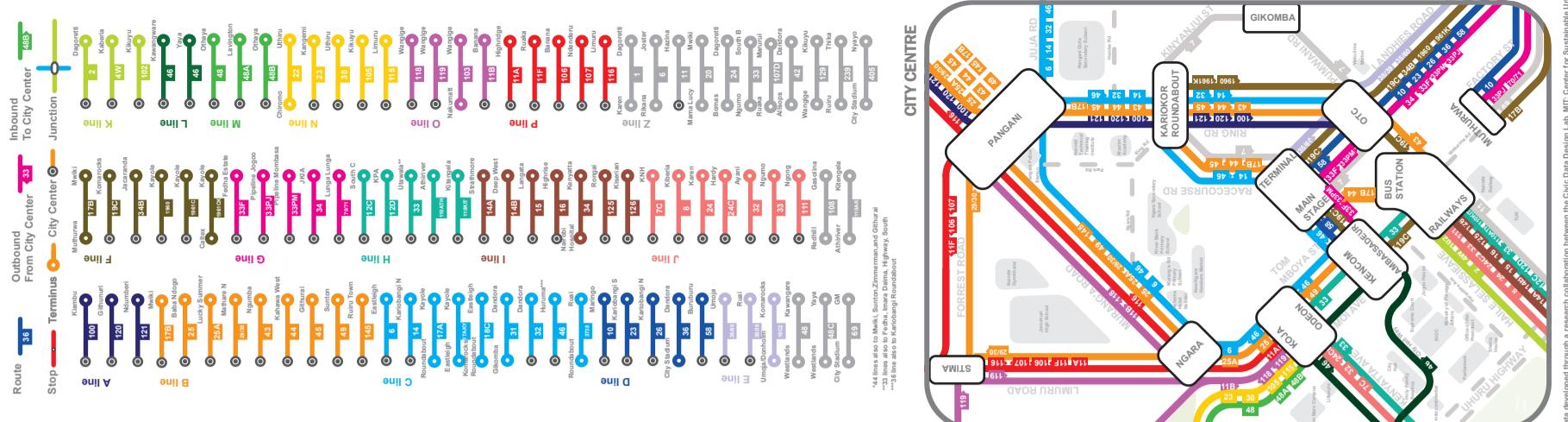


MANUAL 2024

Appendix Fig. 1. The above image shows how we broke down Nairobi's matatu system into a series of corridors.

NAIROBI MATATU ROUTES
digitalimatatus

digitalmatatus

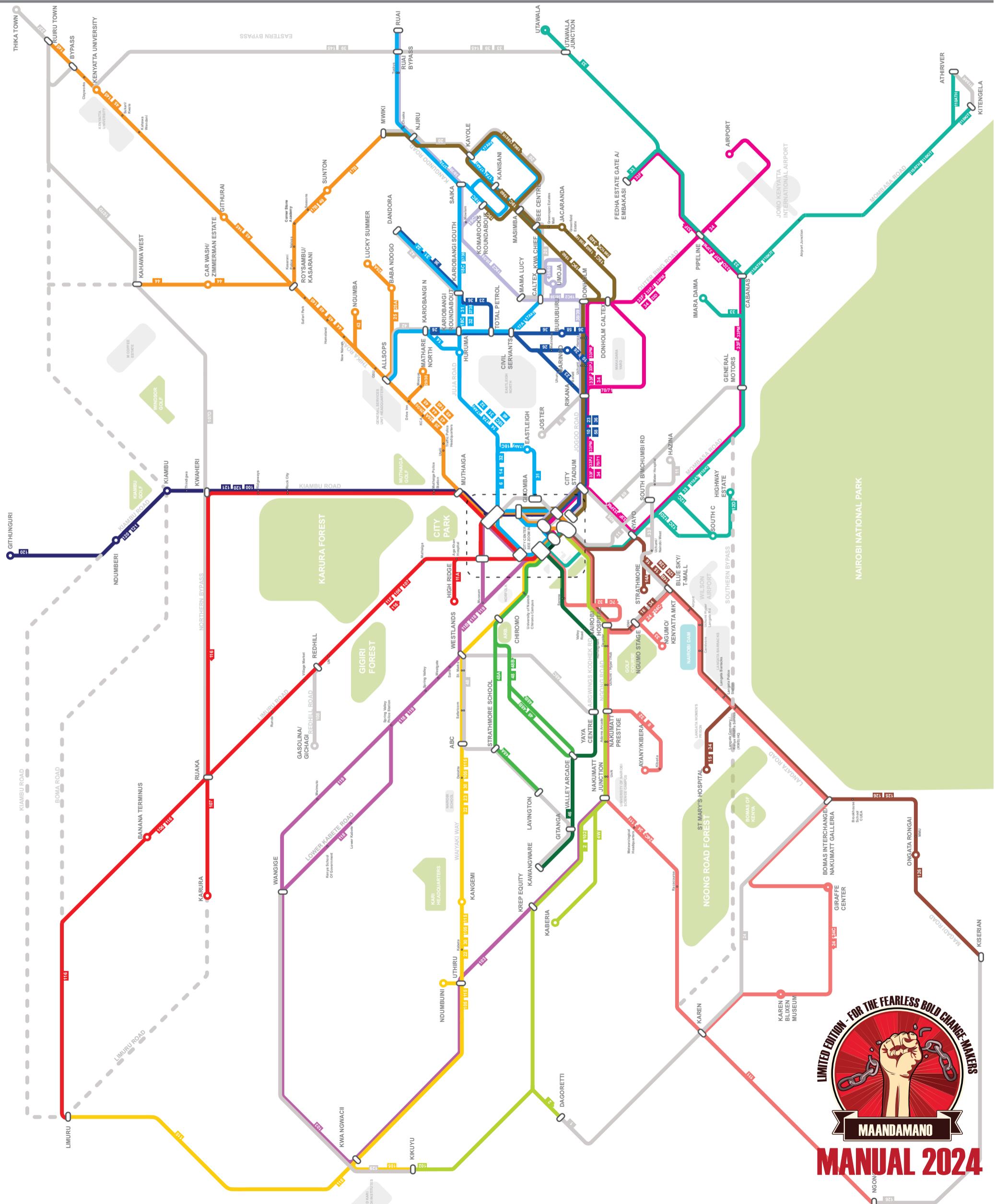


data Collected by:
development, the Columbia University, School of Computing and Informatics, University of Nairobi; Group shot, Research Foundation.



**CIVIC DESIGN
DATA LAB**
Massachusetts Institute of Technology

Massachusetts Institute of Technology
Created January 27, 2014



LIMITED EDITION

CHAPTER

2

TEARGAS

How To Deal With Teargas



MANUAL 2024

LIMITED EDITION

CHAPTER

2 TEARGAS

(see How to deal with Tear gas chapter)

Check the wind and move against the wind

Spread the information to other demonstrators on the streets about where to go

Never go out without little masks. Cover your mouth and nose.

Synthetic fibers are better to wear (Ex. Nylon, Acrylic, Polyester). The teargas will not stay on clothing made from these.

Fabric doused with vinegar will help neutralize teargas.

If you have some, rinse your eyes with physiological saline or water



MANUAL 2024

LIMITED EDITION

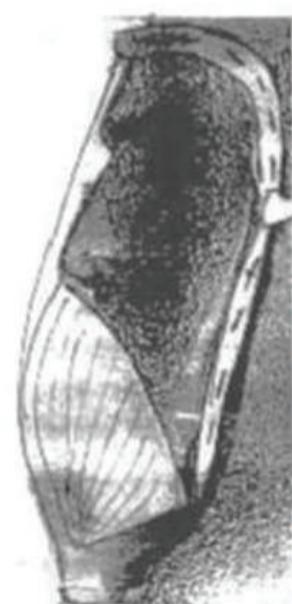
CHAPTER

2 TEARGAS

(see How to deal with Tear gas chapter)

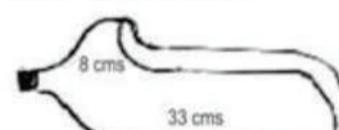
HOW TO DEAL WITH TEAR GAS

HOW TO MAKE A HOMEMADE TEAR-GAS MASK

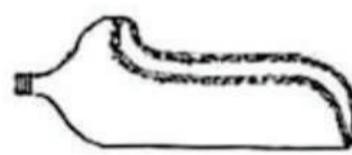


Transparent 2 Litre Soda Bottle

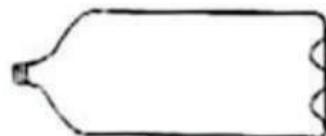
Cut as follows



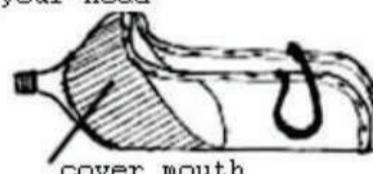
Glue a strip of rubber foam on the inside edge of the bottle



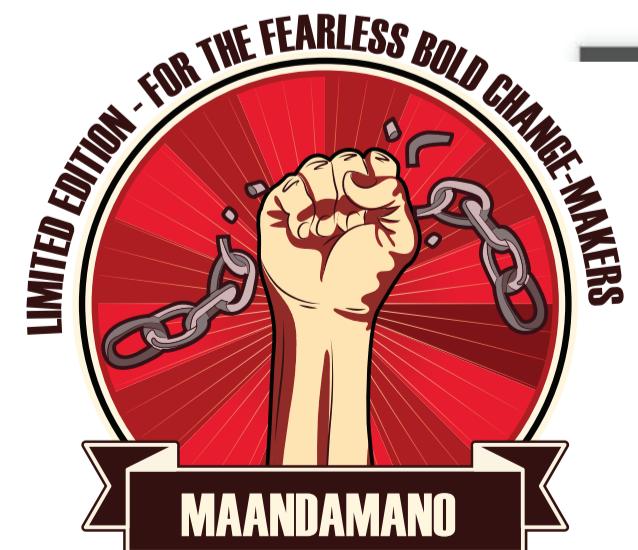
Glue and sew a strip of cloth over the foam rubber



put a clinical mouth-cover in the neck of the bottle and elastic to secure it to your head



Carry a bottle of vinegar to soak the mouth cover before putting on the mask



MANUAL 2024

LIMITED EDITION

CHAPTER

2 TEARGAS

(see How to deal with Tear gas chapter)

Masks

Protects identity (If the regime stays in power and your face is found to be protesting, you can expect jail, beating or even possibly death, keep your identity hidden when in public!)

Protects against tear gas inhalation/irritation (add water or vinegar to help with skin irritations caused by tear gas exposure; inject some physiological serum in the eyes to wash them)



MANUAL 2024

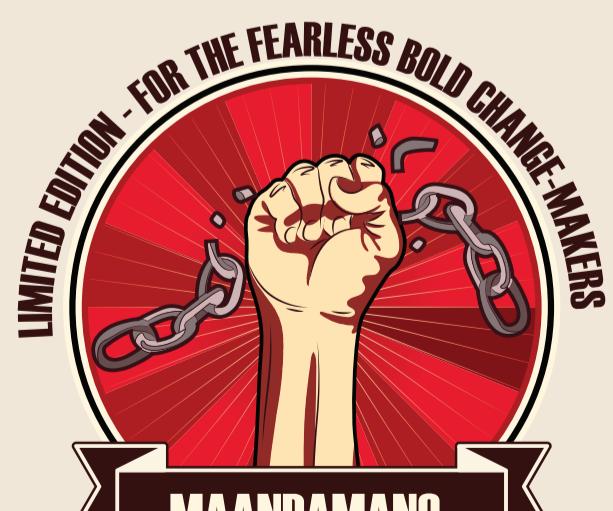
LIMITED EDITION

CHAPTER



TEAMS

If Possible Organize Different Leaders



MANUAL 2024

LIMITED EDITION

CHAPTER

3 TEAMS

(If Possible Organize Different Leaders)

BE PEACEFUL! DO NOT ENGAGE IN VIOLENCE IF POSSIBLE!
WHEN POSSIBLE, DO NOT ANSWER VIOLENCE WITH
VIOLENCE IF AT ALL POSSIBLE! TEAMS SHOULD, ACT LIKE
PROS!

Different teams, different objectives Every team needs a person in charge (if possible get Walkie Talkies, referred as WT).

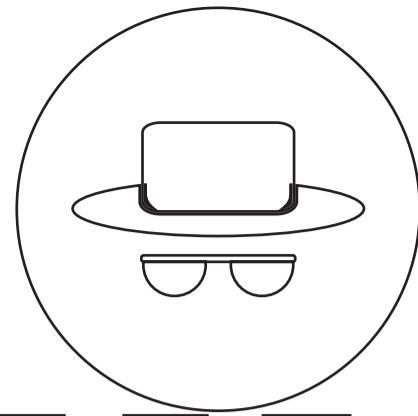
All people that are subject to teams should be wearing cloth with colors, which corresponds with the team.



MANUAL 2024

CHAPTER 3 WHITE TEAM

Runners (White)



Runners - White

Gives information from HQ to other teams and back!
(Need perfect knowing of the neighborhood, with mobile capabilities => bike or so.)

If no bike is available, the fastest runner will have to do.)
May also serve as a support team if any other team is in need of backup.

(Used for secret message that can not be send by WT)

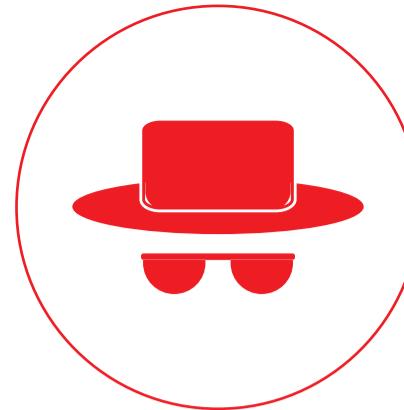


MANUAL 2024

CHAPTER

3 RED TEAM

Medical Team (Red)

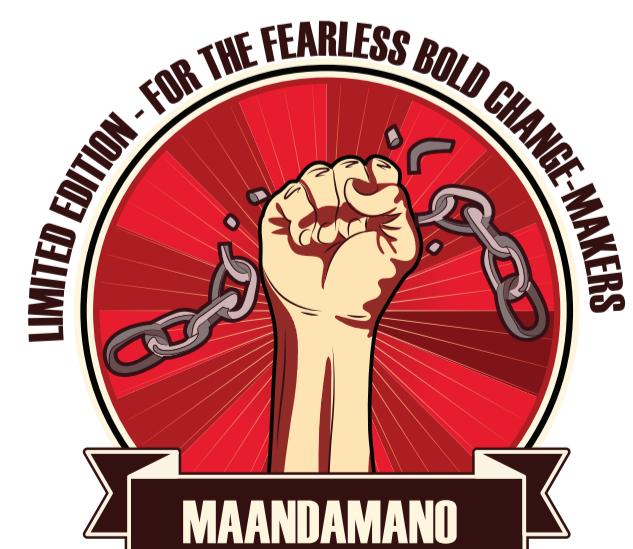


Medical Team (Red)

Is in charge of helping people that needs help
Be sure to act nice! THIS TEAM NEEDS RESPECT! In case of an emergency, you want as many people to help you as possible!
It is very important that someone can take a leader position!

People in this team should carry scissors, Band-Aids, gauze, antiseptic, painkillers, Physiological Serum, a lot of water, protein bars and a lot of other stuff.

Please check the FirstAidGuide.
Red teams need to be very well marked so it is obvious to the people with the guns what they're doing. Examples: Big patch with red cross/red crescent, reflectors and red clothing.



MANUAL 2024

CHAPTER

3 GREEN TEAM

Documenting Team - Green



Documenting Team (Green)

Very important - People taking pictures, filming and documenting Using cell phones to create WiFi networks! Upload material as it happens! Don't necessarily need to be in the riots.

Can stay back to organize data from wireless communications, and other places where data about what is going on can be accessed. The more that gets out of the riots, the better, as this will draw media attention.

Protect yourself to upload data:

<http://pastebin.com/ksw2Xzxd> | We do NOT propagate violence.

Use Anonymous contacts to support on editing and spreading the information; Anonops.ru will help you - leave the editing to people outside the riots, just keep recording, we'll do the rest.

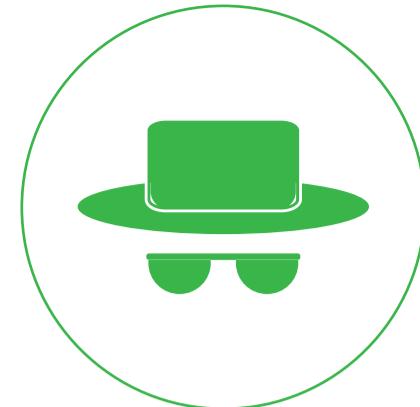


MANUAL 2024

CHAPTER

3 GREEN TEAM

Documenting Team - Green



Real footage and reports are important; cause the media might be not on side or report in a correct and expected behavior. In some cases your government may have blacked out all media from reporting.

When this happens, ordinary citizens become reporters, so capturing video/images is very important to get your struggle into the world and gain international support.

Blur faces of people on pictures! Prevents oppression. Green Team should be updating Google Maps if possible, letting rioters know in real time where police are moving. +1(useless in presence of high-tech cops,with operator cars and videos monitoring (like Street Cameras).

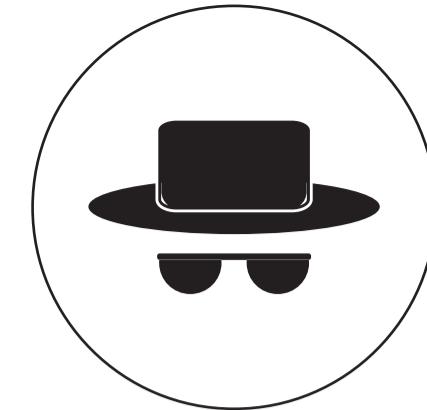


MANUAL 2024

CHAPTER

3 BLACK TEAM

Front row Team - Black

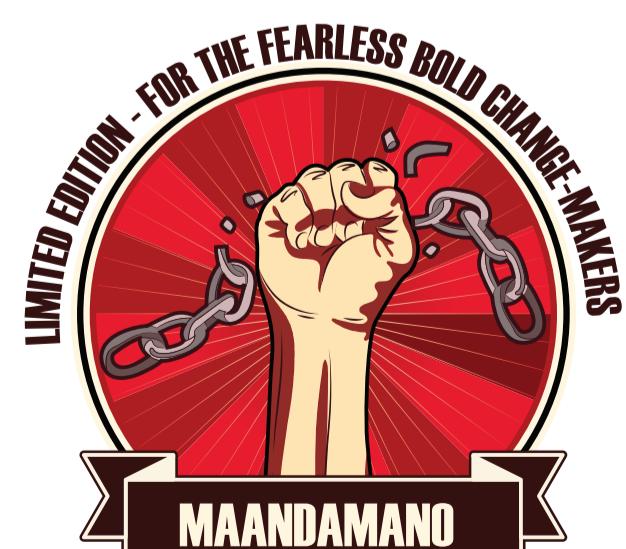


Front Row Team (Black)

These people usually confronts authorities (Be non violent if possible)

The front row demonstrators are what the news and other media will focus on, they should be well prepared to relay their message effectively. (Signs,Banners, Megaphones, T-shirts, Effigy's, etc)

Protect yourself: wear cushions, helmets, ski goggles or even a gasmasks.

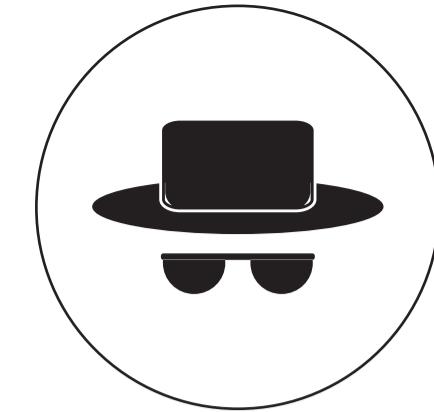


MANUAL 2024

CHAPTER

3 BLACK TEAM

Front row Team - Black



Front Row Team (Black)

These people usually confronts authorities (Be non violent if possible)

The front row demonstrators are what the news and other media will focus on, they should be well prepared to relay their message effectively. (Signs,Banners, Megaphones, T-shirts, Effigy's, etc)

Protect yourself: wear cushions, helmets, ski goggles or even a gasmasks.

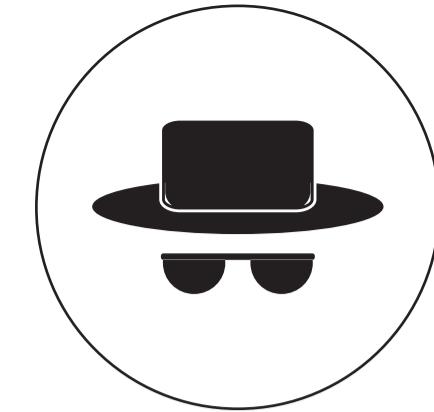


MANUAL 2024

CHAPTER

3 BLACK TEAM

Front row Team - Black



Front Row Team (Black)

These people usually confronts authorities (Be non violent if possible)

The front row demonstrators are what the news and other media will focus on, they should be well prepared to relay their message effectively. (Signs,Banners, Megaphones, T-shirts, Effigy's, etc)

Protect yourself: wear cushions, helmets, ski goggles or even a gasmasks.

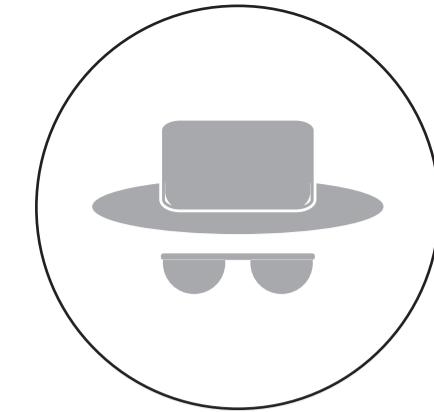


MANUAL 2024

CHAPTER

3 GREY TEAM

Observation team



Observation Team (Gray)

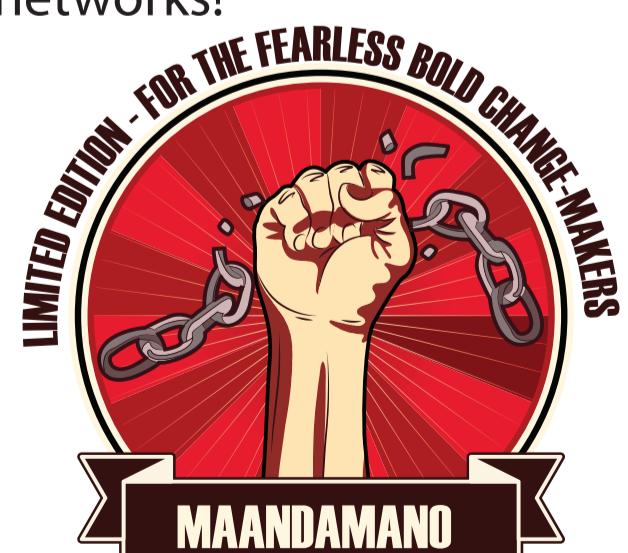
Equipped with Walkie-Talkies, Smartphones, etc.
Posting on Rooftop or someplace high, giving an overview
on the streets.

Being stationed up high allows you to see where there is
police presence, how many the demonstrators can expect,
which direction they're going, etc.

As much as you may want to show active support with t-s-
hirts, banners(or possibly throwing some rocks from the roof-
top you are looking from), you should refrain from doing so.

You do not want any attention that can be avoided. Doing so
should allow you to move throughout the city as needed, ge-
nerally unmolested by the authorities.

Could be using cell phones to create WiFi networks too! Hel-
ping to upload material of what happens (as they observe,
they're also in open space, what helps for wireless networks!

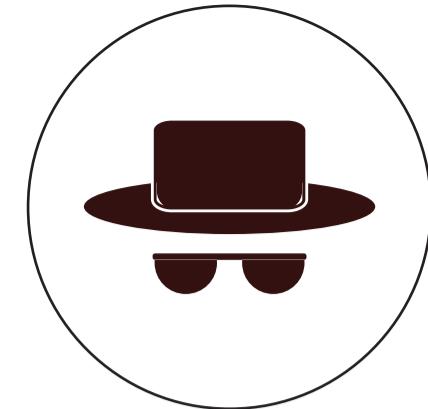


MANUAL 2024

CHAPTER

3 BASE TEAM

Base Team



BASE Team:

Try to set HQs with link to the outside and relay for Crowd teams,(WTStation) Could coordinate movement through maps, following teams and preventing them from falling in traps

A fast Internet connection is great here, as this team should both provide info to The Running team and fellow Anon's/-NewsGroups far and wide.

Groups: Get yourself (and the group(s) you're working with) cheapmobiles with spare sims (I've known cops nick the sim cards out of phones while searching before) so you can stay in constant touch if you get split up. You can also 'tweet' 'fb' etc info as and when it happens.

Make up group names! Just something short you all remember. This gets useful in unmanageable situations. If you lose the others of your group, you don't need to call their names (which could be written down by police).

Groups should not be bigger than 6 people. Small groups mean more mobility. Big groups are slow, especially in deciding what to do.

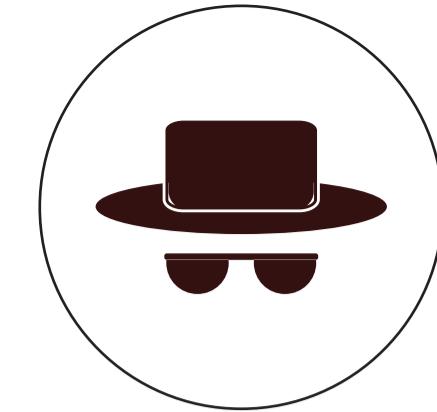


MANUAL 2024

CHAPTER

3 BASE TEAM

Base Team



Talk about what you want to do before you go to a demonstration. Respect it if someone doesn't want to take risks.

Think about getting together with people who want to do the same thing to avoid too much discussion.

Get to know the area before just turning up! It's no good turning up then the cops steam in and you've got nowhere to retreat to. Better to know where you are and where you're going so you retreat around a corner and turn up again behind them from another.

Spread maps of the area with important targets. See the 5-finger-tactic and out-of-control tactic <http://de.wikipedia.org/wiki/Fünf-Finger-Taktik> (German)

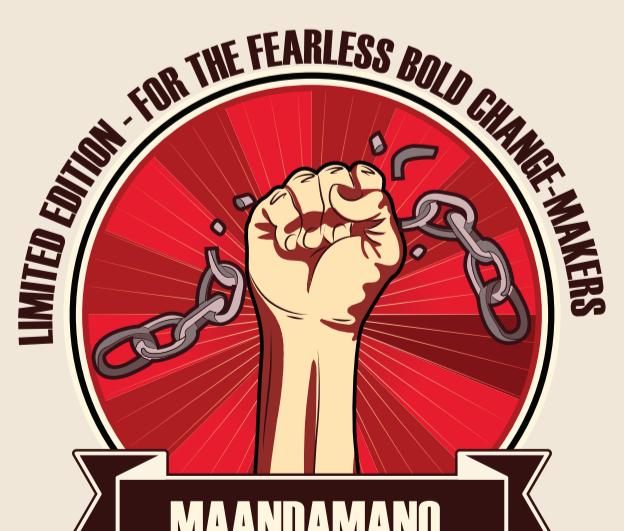


MANUAL 2024

LIMITED EDITION

CHAPTER

TARGETS



MAANDAMANO

MANUAL 2024

CHAPTER

4 TARGETS

CONCEPT

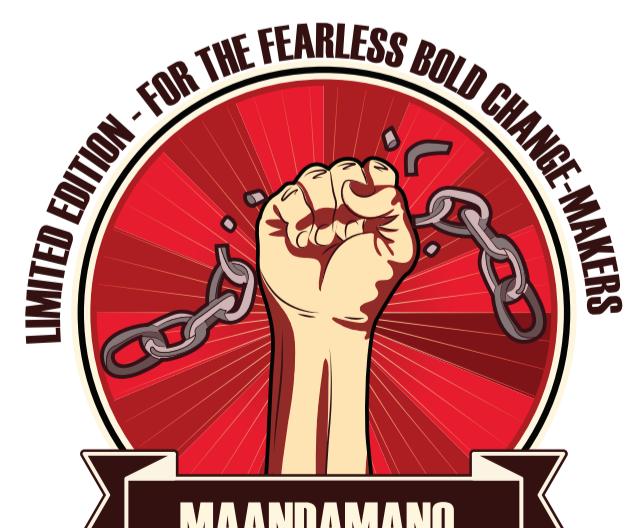
Target

A close protest can be controlled and steered quite easy by the police. This concept tries to make the analysis of a protest and its flow difficult for the police.

Black Blocking:(Authorities will be incited to stronger action so this tactic should not be used in the presence of at risk protest group members.)

The Black Bloc does not need to be affiliated with any group or ideology, it is simply a tactic, and it WORKS. This is both a defense and offensive tactic.

Similar clothing Makes it harder to identify individuals Creates an effect to make mob see larger than it really is Protects identity ('Guy Fawkes mask popularized by "V for Vendetta")



MANUAL 2024

LIMITED EDITION

CHAPTER



**5 FINGERS FORM A
FIST CONCEPT**

CHAPTER

5 FINGERS

CONCEPT

Five Fingers Form a Fist Concept

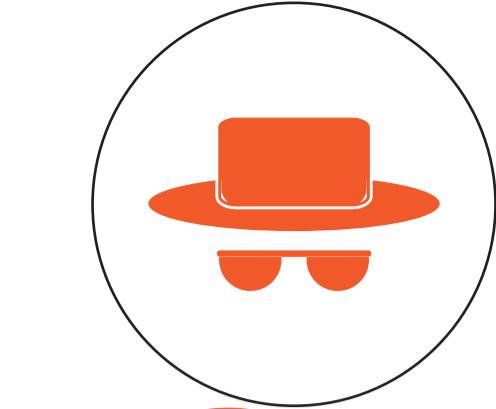
The five-finger tactic is used for getting around police lines or blockades.

Protesters allocate on different groups. Every group has one person holding a sing with a number or color. If you don't want to take a risk, you can disclaim that person and just wear the color (e.g. wristband, scarf, hat). You start the demonstration together, but if you see the police the different groups split and stretch. Then you flow through the police line and bale after it.

"Out of Control" Protest Behavior Concept

The concept of "Out of Control" is based on a decentralized organization

structure and uncontrolled movements of the crowd as well to circle around police lines and the suddenly appearance a crowd, similar to a flashmob. The protest participants try to spread often and reunite at a different place and try to hide the borders between protests an environment with this behavior.



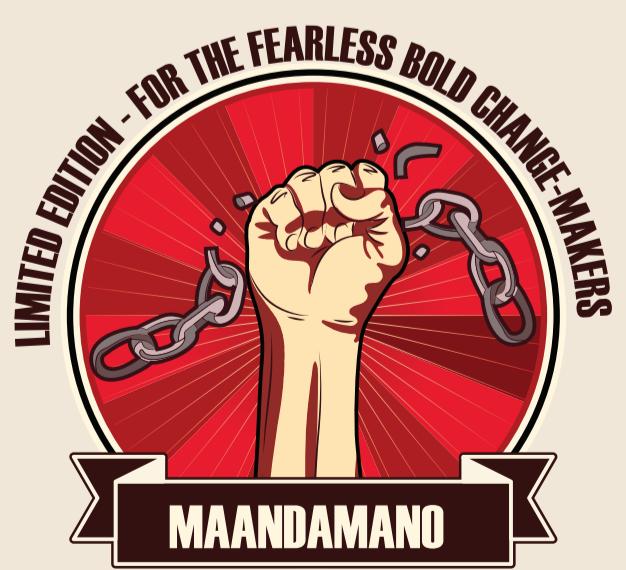
MANUAL 2024

LIMITED EDITION

CHAPTER



TACTICS



MANUAL 2024

CHAPTER

6 TACTICS TACTICS

Tactics

Whether advancing or retreating pull debris (trash cans, dumpsters, burning tires/cars, etc.) behind your path. This will slow down APCs, Police, allowing you to maintain mobility.

DONT GET BOXED IN - if you hear some one saying your going to get boxed in (trapped) repeat the message down the line to other protestors.

If the police use violence or tries to arrest people, build chains by linking arms! This prevents arresting and shows power. Turn your backs on police spraying gas and build chains to prevent them doing things you can't see.

Listen to where the observation/basement teams tell you to go and go to exactly where they tell you. And when they tell you to get out, leave the area. They both work to prevent you from entering situations/area's that could land you trapped and subsequently in jail or worse!



MANUAL 2024

CHAPTER

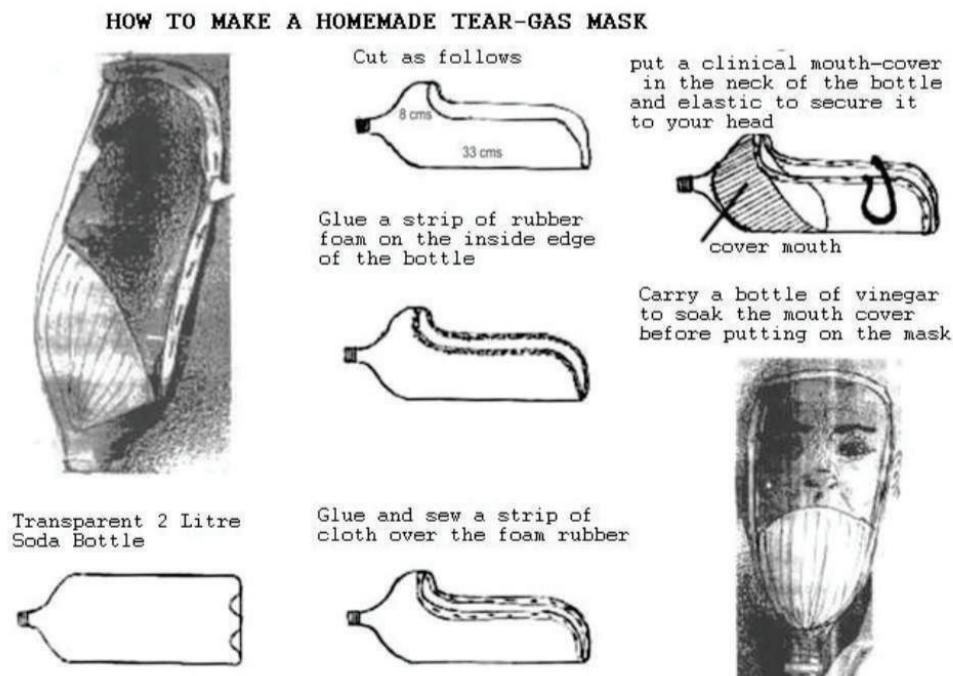
6 TACTICS

TACTICS

Go out with a few friends and watch each others backs at all times. Try not to get separated Use caution when dealing with and speaking to people whom you do not know. Others claiming to support your cause may be infiltrators.

Make sure no one else other than the communications operator of the team is communicating through the radio channel you are utilizing. This could cause a breach of security if undesirables (Police/Other Authorities) are spying on your conversation.

HOW TO DEAL WITH TEAR GAS



MANUAL 2024

CHAPTER

6 TACTICS

TACTICS

Breathing in tear gas, or getting it in your eyes, is not fun. This, obviously, is the whole point. But there are things you can do to mitigate the effectiveness of tear gas, and allow you to keep on fighting the good fight.

The first thing to remember about tear gas is that it is primarily a fear weapon. Yes, the gas hurts. But the fear caused by tear gas grenades is a much more effective means of crowd dispersal than the gas itself. So rule number one is to calm down.

Tear gas is most often delivered to its target in the form of grenades. These fit onto the end of gas guns and are fired with blank shotgun cartridges. So, when tear gas is being used you will hear gunshots. Don't worry: you're not being shot at.



MANUAL 2024

CHAPTER 6 TACTICS

After you hear a shot, look up. The grenade will be arcing toward its destination trailing white smoke. If the grenade is not headed directly at you, there is no reason to move. So don't move just yet. Warn people that there is a grenade incoming, and figure out where it will land. If it is headed toward you, you may want to prepare to hold your breath by briefly hyperventilating.

The grenade will explode. This usually happens while it is in the air, but not always. Again, this can be scary until you get used to it. After the explosion, a small gas emitter remains. It is metal and about the size of a hockey puck. It will be hissing and spewing out tear gas.

The wind is your friend. Move upwind of the gas. This will blow the majority of the gas away from you. Do not panic. Do not run. Panic is precisely what the police are trying to create.



MANUAL 2024

CHAPTER

6 TACTICS

TACTICS

If you have gloves and something to protect your face (which I'll talk about soon), you can pick up the gas emitter and lob it back at the police. This is a considerate thing to do to protect your fellow protesters. The emitter will be hot, so gloves are recommended.

Remember, the police are thoroughly protected against gas; throwing it back at them is not a violent act.

WARNING: Picking up the gas emitter will ensure that your clothing is saturated with tear gas. This is extremely unpleasant and will require very thorough laundering with harsh detergent. Prevent contact between gassy clothes and your face, as the chemical agents are active even days later.

WARNING: Do not pick up a grenade which has not exploded. You can be injured if/when it goes off in your hand. Some are, of course, duds. But it is not safe to assume that unexploded grenade at your feet is a dud.



MANUAL 2024

CHAPTER

6 TACTICS

TACTICS

Assuming you don't have a gas mask (which is essential for prolonged operation in a tear-gassy environment), a bandana or other cloth which has been soaked in vinegar or lemon juice will allow you to breathe long enough to escape the gas. Mask up! Cider vinegar is less harsh-smelling and is recommended. Breathing in vinegar is not pleasant, but compared to tear gas it's like fresh air. Unfortunately, the vinegar's protective effect does not last long (minutes), and your bandanna will be saturated with gas afterward. So bring several. Retying a gassy bandanna around your face is not a good idea. Make sure the bandanna fits tightly around your nose and mouth.

You must wear goggles. Goggles, which are air tight. It is one thing to have severe upper respiratory pain. It is another to have that and also have burning, watering eyes.

Two important notes here First DO NOT wear contact lenses to any event where there is



MANUAL 2024

CHAPTER

6 TACTICS

TACTICS

even a possibility of tear gas usage. The contacts will trap the gas against your eyes, which, aside from being hideously painful, will eventually damage your cornea.

Secondly, many places have, or have recently enacted, laws against wearing masks. In some southern states these laws were implemented to defeat the Ku Klux Klan; these days they're more likely specifically aimed at dissenters who don't wish to have their faces filed away by the FBI. So, be aware that wearing a gas mask or a bandanna may be, in itself, illegal. Yes, protecting yourself from police violence, even passively, can get you thrown in jail.

My description of what tear gas feels like is this: it feels as if the inside of your head is being dissolved by acid. There is a burning pain and a liquefying feeling as mucous; tears and saliva all begin flowing.

Spit, blow your nose, rinse out your mouth, gargle. If necessary, do eyewash by squirting water across your eye from the inside to the outside with your head tilted to the side.

WARNING: You should really get a brief training before you do this. Contact your local activist organization. Also, the eyewash procedure for pepper spray is different.



MANUAL 2024

CHAPTER

6 TACTICS

TACTICS

Different people react differently to the gas. I've seen totally unprotected people go up against cops and gas for hours by sheer force of will. However, don't expect that you will be able to. You may be pleasantly surprised, though.

Finally, diffuse tear gas lingers in the air for a long time. Expect eye, nose and throat irritation for several hours after tear gas has been used in an area, especially if the use of gas was extremely liberal (as in Quebec City).

Update: the following is some information I found regarding the toxicity of both CN and CS tear gas. I, personally, only have direct experience with CS.

I removed the footnotes and references to either appendices or illustrations, but otherwise the following is as written in the original document.

CN has always been associated with potential hazards particularly in regard to its effects on skin and eyes, which provided the impetus to find a standard replacement. It was found to be between 3 and 10 times more toxic than CS in rats, rabbits, mice and guinea pigs. It creates more severe damage to the lung with more edema, patchy acute inflammatory cell infiltration of the trachea, bronchi and bronchioles and more evidence of early bronchopneumonia.



MANUAL 2024

CHAPTER 6 TACTICS

Very early on it was noted that CN can induce primary irritant dermatitis. In skin tests it was found CS caused no effects below 20 mg, whereas moist CN caused vesication (blistering) in most subjects. It is also a more potent skin sensitizer than CS with several people developing allergic dermatitis. CN has also been associated with longer lasting burning of the cornea and even permanent eye injuries, particularly if the irritant has been propelled into the eye at short range. In higher doses, it is lethal, particularly in enclosed spaces where even one 128g grenade in a 27-cubic-meter room is sufficient to kill.

CS - There is extensive scientific literature on CS, one recent search claims to have found 115,107 articles. Only some of the most salient aspects can be discussed here. Advocates of CS claim that high levels of exposure to CS are precluded because people are adverse to remaining where this agent is present. (QXZ notes that he's seen totally unprotected people subjecting themselves to CS exposure for hours at a time. CS advocates seem to ignore this.) More critical authors have noted the lack of epidemiologic inquiry on its use in actual field conditions. However, operational usage sometimes means individuals face additional punishment or even death if they seek to leave a contaminated zone.



MANUAL 2024

CHAPTER

6 TACTICS

TACTICS

At higher levels of exposure, inhalation toxicology studies indicate CS can cause chemical pneumonitis and fatal pulmonary edema. (Victims die by drowning in their own lung fluids). CS exposure can also lead to reactive airways dysfunction. Oral toxicological studies note the facility of CS to cause severe gastroenteritis with perforation. CS is a primary skin irritant and some individuals will develop contact dermatitis even after what appears to be an unproblematic initial exposure and severe blistering can emerge several hours later. An exposure to even a low concentration of CS raises blood pressure and there is a particular risk of health damage to anyone over 30, under physical strain or having an undetected aneurysm.

At higher levels CS has been associated with heart failure, hepatocellular (liver) damage and death. One US based CS manufacturer, Federal Laboratories, has warned that "Firing one Federal No. 230 Flite-Rite (tear gas projectile) in a room (eight-feet by eight-feet by seven-feet) could endanger the life of an average subject if he stayed in the room for seven minutes". CS from canisters has also caused acute mass chemical burns.



MANUAL 2024

LIMITED EDITION

CHAPTER



POLICE DOGS



MANUAL 2024

CHAPTER

7

DOGS TACTICS

How to defend against dogs

Steps

1.

Get your bearings straight. Know where you are. If it is your first time to be in the area, familiarize yourself with the best routes that you can take to escape, to avoid further encounters with the aggressive dog, and to avoid being trapped in dead-end streets or alleyways.

2.

Stay calm. One of the first things that you should do is to not let panic take over and cloud your thinking. If you panic, the dog may sense your fear and make you more prone to attack. Look around, and think of possible escape points you can use. Can you get away by climbing, entering or leaving a building or fenced-in area? What objects can you use to ward off the dog if necessary? Make sure the animal does not feel backed into a corner, as its instinct would really be to attack anything that is blocking its path. If the dog does not have space, back up slowly and avoid contact to give the dog more room.



MANUAL 2024

CHAPTER

7

DOGS TACTICS

3.

Don't run. This is one of the most important points to keep in mind. Running makes you prey in their mind, and will lead the dog to pursue and chase you. Moreover, you will not be able to outrun the dog -- regardless of what the breed is -- and once the dog catches you, you will be prone to being attacked even more vigorously. The best thing to do is to stand absolutely still, and avoid making any sudden movements. Make sure that your position is not threatening to the dog.

4.

Avoid making eye contact. Making eye contact signals to the dog that you are provoking it, and want to impose an attack. The dog, in turn, would be aggravated even further. Keep the dog and its actions in your peripheral vision, but never look directly into its eyes.

5.

Yell for help. The owner may just be near by and may be able to get the dog under control, or there may be other people elsewhere who can assist you. If there are no other people who can help you out, shout stern commands at the dog directly, such as "Stop!" or "Down!"



MANUAL 2024

CHAPTER

7

DOGS TACTICS

5.

Yell for help. The owner may just be near by and may be able to get the dog under control, or there may be other people elsewhere who can assist you. If there are no other people who can help you out, shout stern commands at the dog directly, such as "Stop!" or "Down!"

6.

Use any object available to deter the dog from attacking. Bang sticks together, clang steel gates -- make a lot of noise. Throw rocks or get a fistful of dirt or sand to throw in its eyes. If you have a flashlight and it is dark, shine it in the dog's eyes. Take caution, however, in doing this, as this could go either way: it could either momentarily stun the dog, or aggravate it further. An open umbrella is a good object to block a dog from closing the distance. If the dog is coming at you, try and bait it into biting your backpack, purse, briefcase, etc., instead of charging at you directly.



MANUAL 2024

CHAPTER

7

DOGS TACTICS

7.

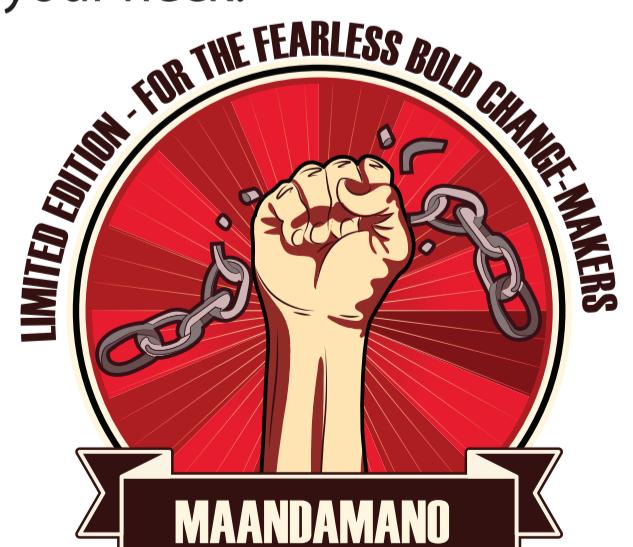
Protect your neck at all times. Most dogs will instinctively attack the neck, which could quickly lead to death in some cases if attacked. Cover your neck and face with your arms so that if the dog does inflict some wounds, it would be on the less vulnerable areas of your body which would be easier to treat.

8.

If you are trained, stand so that the dog's back is directly underneath you. Extend your hands in around its neck, and lock your arms together quickly in a choke. Kick your feet out, dropping your entire body weight on the dog's neck / back. This will incapacitate the dog long enough just for you to get away. Note: Do NOT attempt this method or try to punch the dog if you are not trained.

9.

Jab your fingers toward its eyes in a quick motion, as if throwing sand. Do this method if the dog is not charging but just trying to bite you, and you cannot do any of the above. This will confuse the dog as to which direction it should charge at, and will prevent the dog from attacking your neck.



MANUAL 2024

CHAPTER

7

DOGS TACTICS

10.

If you got away from the dog, stay quiet. Dogs have great hearing, and may sense the direction in which you went. Try to get away as quickly but as quietly as possible.

Tips

- * If you find that the dog has inflicted deep cuts and wounds, seek medical help and have the wounds treated.
- * Contact the authorities and notify them as soon as possible, providing the owner's address (if you know it) or a description of the dog and where the attack happened.
- * Pepper sprays would make a good means of defense, and could buy you time to
- * Pepper sprays would make a good means of defense, and could buy you time to back away from the attacking dog.

Warnings

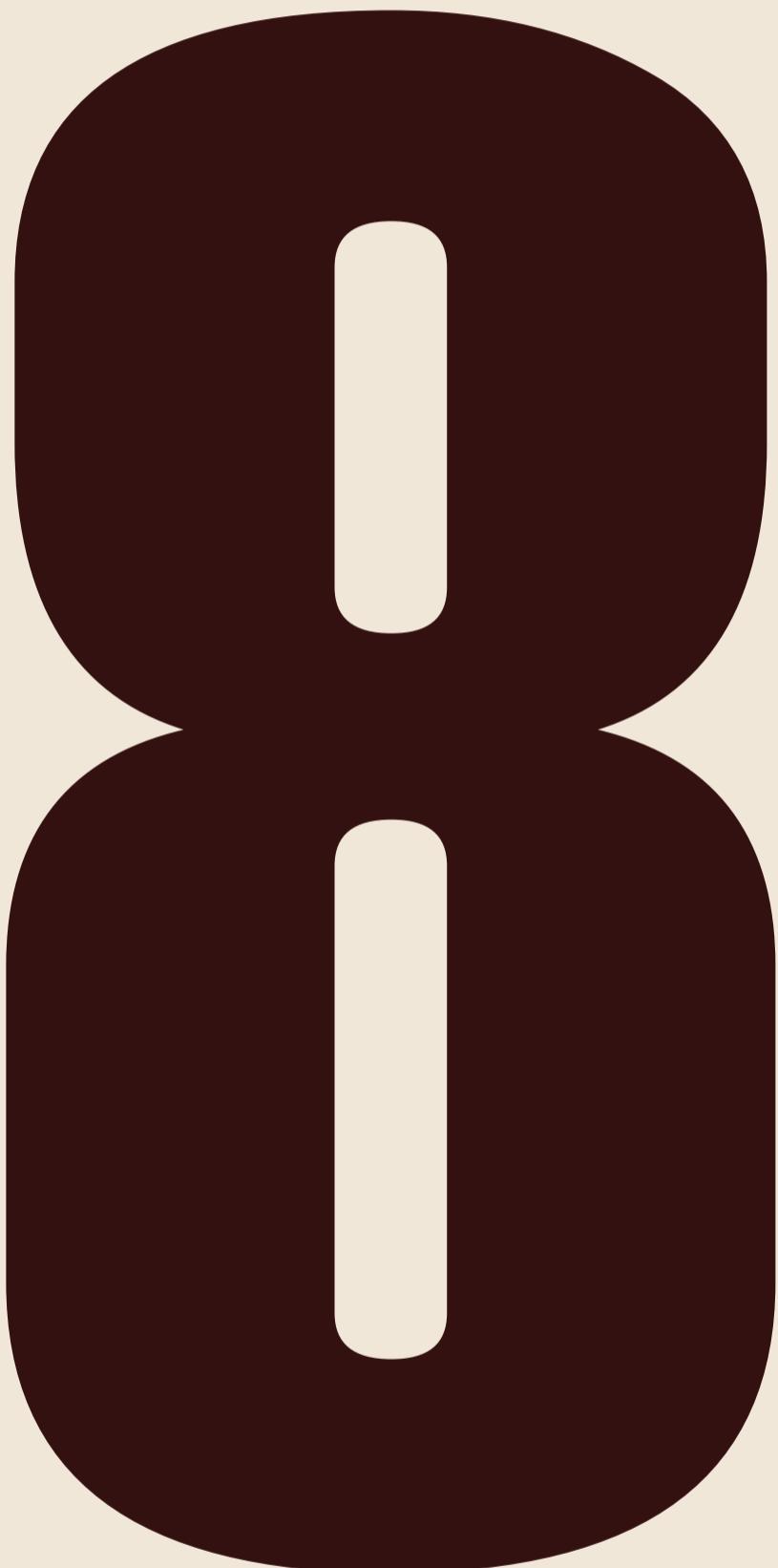
- * Take note of the warning signs to see if the dog has rabies. If the dog has ropy saliva and has wandering eyes, then it might have rabies. If a rabies-infected dog has inflicted you with wounds, make sure to seek medical attention immediately. Rabies is a serious condition which might be fatal.



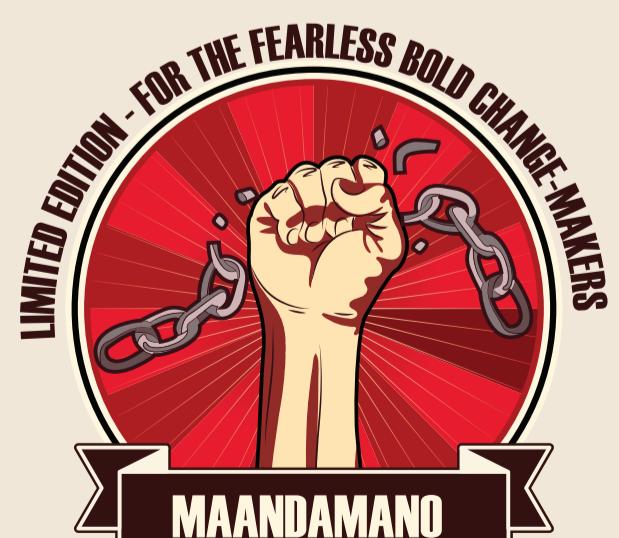
MANUAL 2024

LIMITED EDITION

CHAPTER

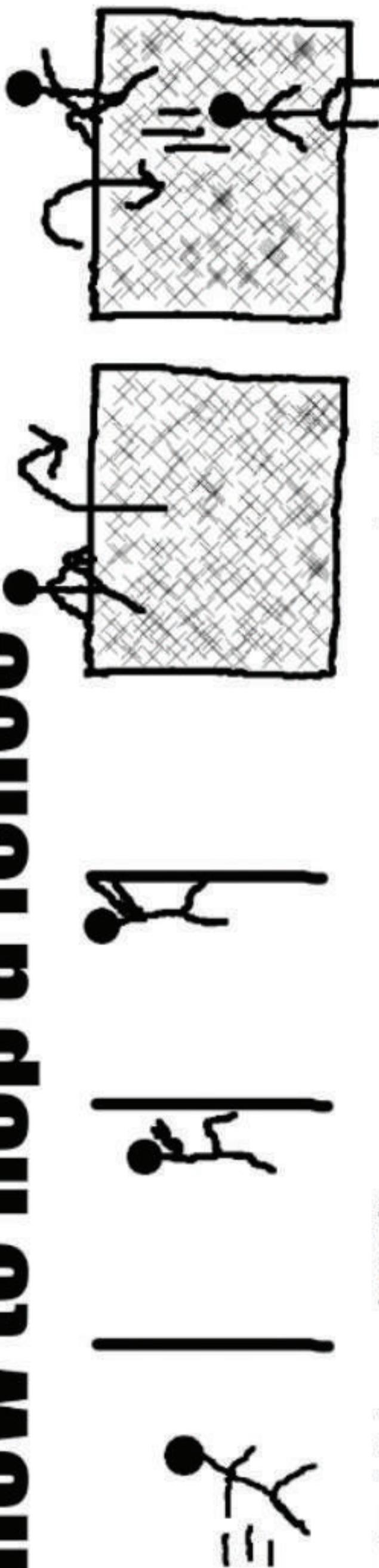


FENCES



MANUAL 2024

How to hop a fence:



run towards the fence

jump at the appropriate time, so that your opposite leg can step onto the fence as high as comfortable

turn your lateral momentum into upward momentum with the foot firmly planted on the fence. grab the top of the fence

use your momentum and/or arm strength to pull either foot directly on top of the fence

swing your other leg over the fence, and push directly out with your leg on top of the fence to jump off. never put both feet on the top or sit on a fence, as this is a good way to get something caught and fall

quick tip on landing: don't let your heels touch the ground. bend your knees to absorb the impact, and roll if that's what it takes to keep you heels from hitting the ground [if you know how].

If running from authority figures: if you can't hop a fence quickly, avoid fences. Cops know how, but they aren't very good at it, and usually hate putting in effort. If they are close enough to grab you, obviously don't as they'll just pull you off.

this all assumes the fence is above your shoulders or so. If it's low enough, you can just vault over the fence by putting both hands on the top and swinging your legs over either side, maintaining your speed.

LIMITED EDITION

CHAPTER



RIOT POLICE HAND SIGNALS



MAANDAMANO

MANUAL 2024

CHAPTER 9 SIGNALS TACTICS

Standardized Hand Signals For Close Range Engagement (C.R.E.) Operations				
				
One	Two	Three	Four	Five
				
Six	Seven	Eight	Nine	Ten
				
You	Me	Come	Listen or I Hear	Watch or I See
				
Hurry Up	Stop	Freeze	Cover This Area	Go Here or Move Up
				
Enemy	Hostage	Sniper	Dog	Cell Leader

MANUAL 2024

CHAPTER

9

SIGNALS

TACTICS

Column Formation	File Formation	Line Abreast Formation	Wedge Formation	Rally Point
Pistol	Rifle	Shotgun	Ammunition	Vehicle
I Understand	I Don't Understand	Crouch or Go Prone	Breach(er)	Gas
	Door	Window	Point of Entry	

MANUAL 2024

LIMITED EDITION

CHAPTER

10
UP

CADANCE
&
SONGS



MANUAL 2024

CHAPTER 10 SIGNALS TACTICS

Cadance & Protest Songs:

Find Freedom Songs , chants and Cadance Songs Tha Instigate Action and Chant Them As Loud As Possible.

For This Maandamano , i suggest the song Below. Search for It on youtube , Download and Cram it ...as a War Chant during the protest...

**“MUDA
UMEWADIA”
BY - UKOO FLANI MAU MAU
MCHIZI GAZA , KAMA of K-SHAKA , AND chizenbrain**



MANUAL 2024

CIVIL SOCIETY WATCHDOG

“PFT” WATER BRUCE LEE



MANUAL 2024