

the fundamentals of lock picking and it requires constant practice to get the "feel". (An outline of lock-picking skills can be found under the MoE section.)

INVENTIVE METHODS OF ESCAPE

In the last 50 years there have been some dramatic escapes. These have been carried out by people who were desperate, and, in some cases, they risked not only their own lives but also those of their families. The most outstanding example was the man who flew his family to freedom from the former East Germany into the West. He did this using a platform and a homemade hot air balloon. They made one abortive attempt. The second time, however, clinging to their homemade platform, the hot air balloon lifted them silently over the mines and fences and across the border to freedom.

ESCAPE TOOLS AND AIDS

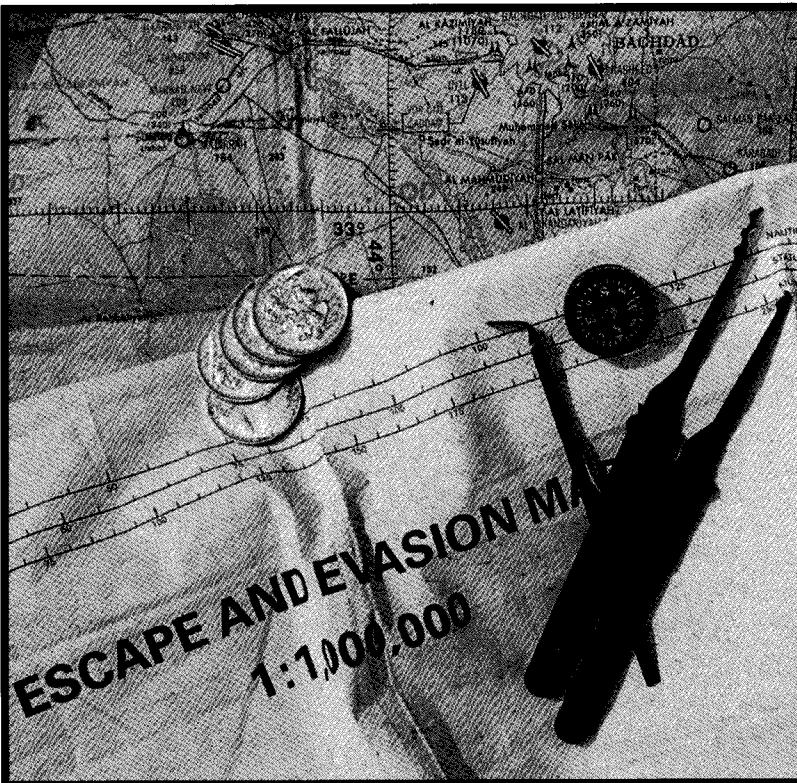
One of the major difficulties of confinement is boredom. This can be alleviated by making some escape tools or any other items that may improve the spy's living conditions while he is in captivity. Even a small stick, with its end crushed, will serve as a toothbrush, and will be an aid to health. While making items, a spy will always remember to look after the ones he already has; that includes his clothes and boots. The most important thing of all is to look after the body.

He will be presented with many opportunities to escape during long-term imprisonment. It takes time to adjust to any environment, but the human body is very good at adjusting. The first thing is to analyse the immediate surroundings. What is he actually seeing? Is there a bed in the room? Does the bed have springs? Can these springs be used to make a flexible escape ladder? No matter what items he chooses to make, the spy should use his mind; ingenuity and resourcefulness are the key words.

Food

The spy will always eat any food that he receives in captivity. If he is planning an escape, he will try to keep some food in reserve. Sugar, for example, can be kept and turned into a solid energy bar; the addition of a little water to dissolve it and then heat will form it into a solid block. All products with a high sugar and salt content have longevity and are ideal for survival escape rations. When possible, any tinned foods issued should be kept for escape rations.

Maps



▲ The basis of a good escape and evasion kit, a silk escape map, gold coins, a miniature compass and lock picks.

The spy should get a map, make a map or steal a map. If he intends to escape, one of the first things he will need is a map. If he cannot find one, he should draw it on the inside of his coat, jacket or shirt. As a last resort, he can keep the map in his mind. When he is escaping, he should look for any type of map, regardless of scale or size. These can be found in cars, telephone boxes, on dead soldiers and many other places.

Lock Picks

Lock picks can be made from an assortment of items, such safety pins, wire flattened at one end, or even cut from hard plastic. If the spy has access to a machine shop, then a good lock-picking set can be made from a set of heavy-duty feeler gauges (see Lock Picking).

Chisel

A chisel can be made from any metal substance. Its primary function will be to scrape the mortar from between brick joints. Sources can include anything from the metal tip of a boot to kitchen utensils and piping from any plumbing.

Compass

Escaping is just one part of the problem, evading and travelling to safety is another. To help with this, the spy will need a compass. All that is needed is a magnetised needle and some way to balance it; this will allow it to point to the north. This can be achieved by placing the magnetized item on water or by floating it in the air. Modern plastic razors offer metal strips that are an ideal size.

Bones

All animal bones can be useful. They will provide needles for sewing, buttons for clothing and handles for homemade tools. Bones of all kinds are easy to fashion.

Tyres

Vehicle tyres of any type will provide an excellent raw supply of material for making a number of items: shoes, belts, and, in an emergency, fuel for a fire. A burnt tyre will supply an endless amount of wire for traps and snares.

Note: Burning tyres creates a vast amount of black smoke.

EVASION

How and when he escapes will depend on the individual and their escape opportunity. The spy must take advantage of everything, even the weather. A dark stormy night may not seem ideal, but it will offer him concealment and, more than likely, it will divert the guard's attention. If the storm is strong enough, it may well knock out the local power supply. The spy will face many problems; it may require days or even weeks to find his way to safety. During this time he will have to use all of his survival know-how: he will have to gather food, locate water and stay warm and healthy. Finally, he may have to travel great distances through hostile terrain.

Once he has escaped, the idea is to stay free. A recaptured spy will at best be beaten and at worst killed. Once clear of his immediate

confinement, the escapee has two options. One is to lie hidden until the initial search has died down; the other is to clear the area as swiftly as possible. The answer to this is normally dictated by the surroundings and how far it is to safety.



▲ Evasion means staying hidden.

It is more than likely at this stage, that the spy will be totally surrounded by hostiles, with both the military and civilian population on the lookout for him. Therefore, immediately after his escape, it would be wise for him to avoid all contact with the local population and remain unseen. This may involve travelling only at night, under the cover of darkness, or by using some disguise to travel under. A successful evasion after escape will rely on the following:

- ▶ Preparation prior to the escape. This means making a workable plan and preparing both mentally and physically. He must decide on the direction and route that needs to be taken. He should cover as many of the "what ifs" as possible and consider all the things that can go wrong. It is important to be both patient and confident.

- ▶ Escape and survival equipment. He should use every opportunity to conserve food and where possible turn it into escape rations. He will never throw anything away; even animal bones from food can provide tools.
- ▶ He will remember and observe the basic military rules of covert movement. Make full use of camouflage and concealment techniques. If possible, he will select a route that offers the best cover. If he must travel in the open, he will move only at night or when sure that it is safe.
- ▶ He will not take any chances. Stay alert. If he thinks that his recapture may result in death, he will try to arm himself.

DOGS

For any escaping spy, the threat of dogs can come from two directions. First, his presence in an area could be compromised by domestic dogs; the second, and by far the biggest threat, is the detection, pursuit and capture by professional tracker dogs and their handlers.

Man has used dogs for military purposes for thousands of years. The Egyptians, the Huns and the Romans all resorted to the use of guard and tracker dogs and the evasion tactics employed by escapees then have changed little.

Police or military dogs must conform to certain requirements, irrespective of their breed. They are physically strong, weighing between 25 to a 50 kg, with a good turn of speed over short distances. This basically means that they can run faster than a human and, if asked, take them to the ground. The best type of dog should have a good temperament, be intelligent, courageous, faithful and energetic. The following breeds fit this category: Alsations, Dobermanns, Rottweilers, Mastiffs and Labradors.

Sensory Characteristics

A dog relies very little on its sight during day-to-day activities; its attention is aroused by movement, and, if it is interested by it, it will then make use of its hearing and smell. There is no evidence that a dog's night vision is any better than that of a man, although its low position to the ground may help, as it will give objects a better definition.

A dog's hearing is twice as sensitive as that of a human, and a dog can be attracted by a noise that its handler cannot hear, although its sense of hearing may well be governed by the weather, in particular wind and rain.

Dogs also have an amazing sense of smell. It is estimated to be some seven to nine hundred times greater than that of humans. It can track microscopic traces of a substance, or vapour that lingers in the air, on the ground or that has come into contact with other objects. A dog can also detect minute disturbances on the ground that may alter the "scent picture".

The Scent Picture

The scent picture is analysed in two ways: from the "air scent" and from the "ground scent". Air scent is comprised mainly of an individual's body scent, clothing, deodorants, toiletries and the chemical aid that is used when washing clothes. The total amount of body scent given off by a human will depend on his constitution, the activity he is undertaking and his mental state. As a prisoner runs along, this scent is suspended in the air for a short while before falling to the ground.

From the dog's perspective, the ground scent deposited will consist of two pictures: the body scent and the disturbance made in the environment as each foot hits the ground. This results in crushed vegetation, dead insects and the breaking of the ground's surface, which releases a gas vapour. Ground scent can last up to 48 hours or even longer in ideal conditions.

Certain factors will affect the scent picture: moist ground conditions, vegetation, humidity, forest areas and light rain, mist or fog will all act to make favourable scent picture. Unfavourable conditions include arid areas, sand, stone, roads and city streets, high winds and heavy rain.

The Guard Dog

Guard dogs are normally employed to detect intruders, locate them and physically apprehend them. In other words, they are used to protect both the property and the handler. They can be employed in several different ways:

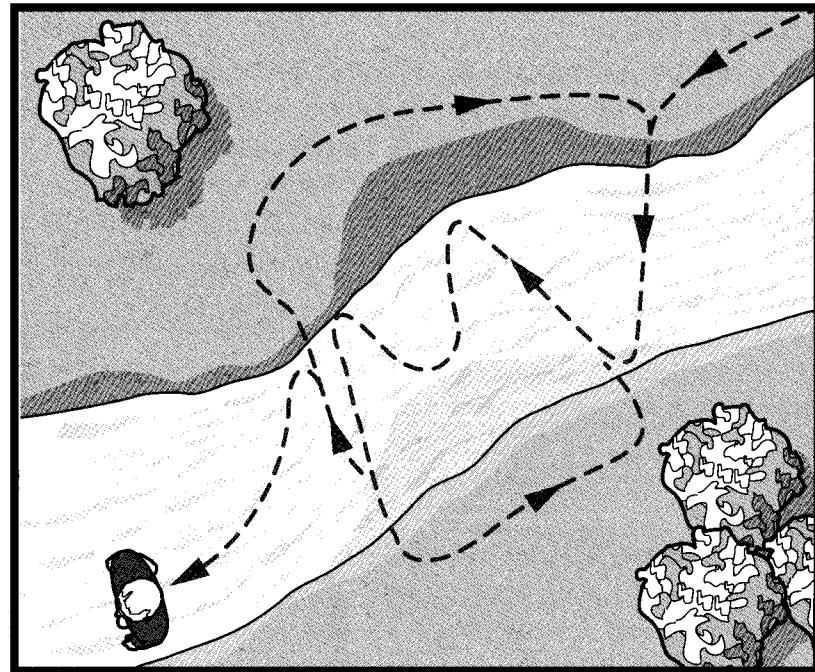
- ▶ Loose in a compound.
- ▶ On a running wire.
- ▶ On a lead with their handler.

The Tracker Dog

The tracker dog is employed to find and follow a prisoner's scent as he progresses on foot. They work mainly on ground scent, unlike a guard dog that would work primarily on air scent. The dog will normally follow the

freshest scent, and a lot will depend on teamwork between the dog and the handler. The dog is trained to follow a distinct track; it is up to the handler to ensure that it follows the correct one.

Dog Evasion



▲ Dog Evasion is not easy, but a spy should be able to fool the dog handler.

If a dog has spotted a moving man, it may lose interest if the man freezes. In immediate pursuit the only thing a spy can do is defend himself. In a delayed pursuit, even if the delay is very short, there are several counter-measures that can be taken. The main aim is to increase the distance between himself and the dog. The spy should:

- ▶ Run steadily.
- ▶ Climb up or jump down vertical features.
- ▶ Swim rivers.
- ▶ If he is in a group, split up.
- ▶ Run downwind.
- ▶ Do things to confuse the handler.

Note: If a spy is being tracked by a dog and its handler, he should cross an obstacle, say a river, and walk some 200 m downstream and cross back over. If this pattern is repeated several times, the handler will think the dog has lost him and call the dog off. In reality, all he has done is confuse the handler.

Attacked by a dog



▲ When attacked by a dog the spy will kill it or it will kill him.

An attacking dog will attempt to paw down any barrier placed in front of it so a strong stick to bar his path could help. The dog will normally wish to take a bite and "lock on" to the spy. If this is the case, the spy will offer a padded arm to the dog. Once the dog has taken a grip, the spy will stab it in the chest or beat it on the head with a rock or a stick. He will make sure that whatever he does to the dog, the injuries caused are permanent; otherwise it will just be even more annoyed. If the handler is not present and the spy has no other weapon, he can try charging directly at the dog with arms outstretched and screaming. Given the size of a human being compared to that of a dog, and the sudden unexpected nature of the attack, the dog may break. A dog's confidence and security can be weakened.

The spy should not use any chemical substances, such as pepper, to put the dog off the scent, as this will only increase the scent picture. If cornered by both dog and handler, he should give up unless armed.



CANINE EVASION

If a dog is charging at an escapee, he should try to break the momentum that it will need to knock him to the ground. This can be achieved by standing next to an object like a tree until the dog is just a few feet away. He will move rapidly behind the tree at the last moment. The dog will be forced to slow in order to turn and the spy can take advantage of this.

WEAPONS TRADECRAFT



▲ Every agent needs to have a good understanding of weapons.

SAFETY RULES

Weapons, especially pistols and submachine-guns, have a nasty habit of being accidentally fired when in the hands of an untrained person, the result of which is often death. The barrels of both are extremely short and therefore even a slight shift of the hand can turn a weapon through 45 degrees or more. Even for a spy the best safety rule is to always check to see if a weapon is loaded or unloaded. A spy will always check:

- ▶ Whenever he picks up or puts down a weapon.
- ▶ Whenever someone passes him a weapon or he gives someone else a weapon.
- ▶ When he signs out or returns a weapon to an armoury.

Here are some simple rules he will follow:

- ▶ He will handle the weapon in such a way that the barrel is pointing in a safe direction, either at the ground immediately in front of him, in the air at a 45-degree angle or into a weapons inspection pit.
- ▶ He will check the safety catch is turned to "safe" position.
- ▶ He will remove the magazine.
- ▶ He will cock the weapon and lock back the working parts. This will eject any round in the chamber and will also allow him to see inside the chamber to confirm it is "clear".
- ▶ He will release the working parts, set the safety catch to "fire" and, with the weapon pointing in a safe position, squeeze the trigger.
- ▶ He will set safety to "safe" and put the weapon down.

Tradecraft requires that all spies are proficient with many basic weapons, both from their own country of origin and foreign ones. Tradecraft training normally starts off with pistol handling, and, irrespective of the weapon used, the basic procedures are always the same. Safety is the first priority, followed by stripping and assembly and then on to basic shooting. At first, the spy will shoot facing the target, but, as he develops his skills, he will learn to shoot from different positions, and will eventually learn to engage more than one target at the same time.

Practice is the key to good responsive shooting, and constant practice,

even after mastering the basics, should be encouraged. As well as individual shooting skills, the spy should also be well versed in how to operate under a diverse number of situations. Once the basic pistol has been mastered, the trainee will then move on to the more advanced techniques using automatic weaponry.

WEAPONS

It was rare for a spy in the past to be armed. Spies operating in countries such as Russia and China could be arrested for such an offence – the last thing a spy needs. However, modern spies often work in hostile and dangerous environments, and that makes carrying a weapon essential. The following are a cross section of weapons used by various Western and Eastern intelligence agencies.

SIG Sauer P226



▲ The Sig 226 a modern and powerful covert weapon.

Specification:	Pistol
Calibre:	9 mm x 19 Parabellum
Weight:	750 g
Muzzle velocity:	350 m per second
Magazine capacity:	15- or 20-round box

This pistol is made by one of the oldest Swiss weapons manufacturers, SIG (Schweizerische Industrie Gesellschaft), which was founded in the

1800s. SIG's weapons have always had a reputation for being expensive, but that is because they have such an excellent record for accuracy; mainly attributed to the length of the bearing surfaces between the slide and the frame. In the early 1960s, SIG entered the international market with a new range of pistols, bypassing Swiss arms export laws by making a marketing agreement with a German company. The SIG Sauer P226, with its 15-round magazine, is widely used by Western Intelligence agencies.

Walther PPK



▲ The Walther PPK may be old but it remains the ideal weapon for personal protection.

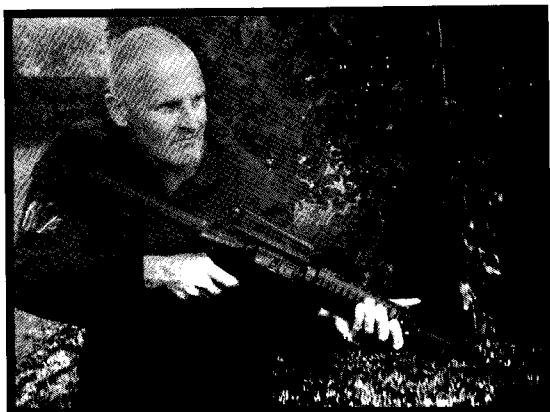
Specification:	Pistol
Calibre:	7.65 mm or 9 mm Short
Weight:	568 g
Muzzle velocity:	280 m per second
Magazine capacity:	7-round box

Originally designed by Walther as the Polizei Pistole Kriminal, it was intended for undercover protection work. The weapon operates on a well-made, double-action, blowback system. While the PPK is relatively old, it remains a favourite with many intelligence agencies for use as a concealed weapon. It is very reliable, but many doubted its stopping power. The PPK's design has influenced many pistol manufacturers around the world and its original features are often seen in other weapon designs.

Armalite-Colt

The AR15 and AR18 series both achieved substantial commercial success and some notoriety as a favourite weapon of certain terrorist groups. It is the US military version of the AR15, the M16 series, that has become one of the world's premier combat weapons and certainly ranks alongside the Kalashnikov as one of the most widely used. The original design by Eugene Stoner for Armalite, manufactured by Colt, entered service in 1961, but the best-known version, the M16A1, was only introduced in 1966 after field experience in the Vietnam War. The M16A1 is a gas-operated rifle that fires 5.56 mm rounds from 20- or 30-round box magazines in either single shot or fully automatic mode with a cyclic rate of up to 200 rpm. To avoid gross ammunition wastage, a selector was eventually fitted, allowing a three-shot burst. The later M16A2 had a heavier barrel, which allows the use of the more powerful NATO SS109 5.56 mm round, increasing the effective range from 310 m (340 yards) to 500 m (550 yards). The M16A3 is simply an M16A2 with a removable carrying handle, which leaves a more substantial mounting for the larger and more advanced scopes. All M16 variants can be fitted with the M203 40 mm grenade launcher beneath the barrel, which allows for the use of a range of fragmentation or smoke grenades. The M16 series are often fitted with laser-sights, telescopic sights or passive light intensifiers. A further variation, the M15 Colt Commando, had a shorter barrel and retractable butt and was designed for combat in a restricted space, whether it be in the jungle or urban warfare. The latest offering from Colt is the M4A1.

M4A1



Heavy firepower is supplied from the newer automatic rifles such as the M4.

Specification:	Assault rifle
Calibre:	5.56 mm NATO
Action:	Gas operated, rotating bolt
Overall length:	838 mm (stock extended); 757 mm (stock fully collapsed)
Barrel length:	370 mm
Weight:	2.52 kg without magazine; 3 kg with magazine loaded with 30 rounds

The M4 modifications include a rail interface system (RIS) instead of the standard handgrip, which allows for a number of different sighting arrangements. These include telescopic sights, reflex red-dot, detachable back-up open sights and laser pointers both visible and infra-red. The weapon can also be fitted with a detachable sound suppressor (silencer) and a modified M203 40 mm grenade launcher. It also incorporates a shorter barrel and a telescoped, four-position stock. In all other aspects, it remains very similar to the M16A3 rifle.

Heckler and Koch

Heckler and Koch produce some of the finest machine guns in the world, and they have become an icon in the battle against terrorism. The company was founded in 1947 by three former employees of Mauser. To begin with, they did not make weapons, but, by 1959, they returned to their original trade and had their first success when their G3 assault rifle was adopted by the West German army. The MP5 developed from the G3 and shares many of its characteristics, especially its relatively light weight. It was first used by German border police, but now can be seen slung around the necks of any half-decent anti-terrorist team. In fact, it almost seems to represent those that fight against terrorism, just as the AK47 has come to represent those that cause it. Most Heckler and Koch weapons are variations upon one model, making various parts interchangeable between models. Also, the stripping and assembly of most models in the range is much the same – for example, the three-pin system is similar in most models, including the infantry weapons and sniper rifles. This makes learning the safety aspects of the range slightly easier. The MP5 uses a closed bolt system which means the round is chambered and ready to be fired. Pressing the trigger simply releases the firing pin. This system has the advantage of keeping the weapon steady while firing.

MP5: Heckler and Koch

▲ The MP5 has been in service for over 30 years yet it is unrivalled in its role, and is used by intelligence agencies around the world.

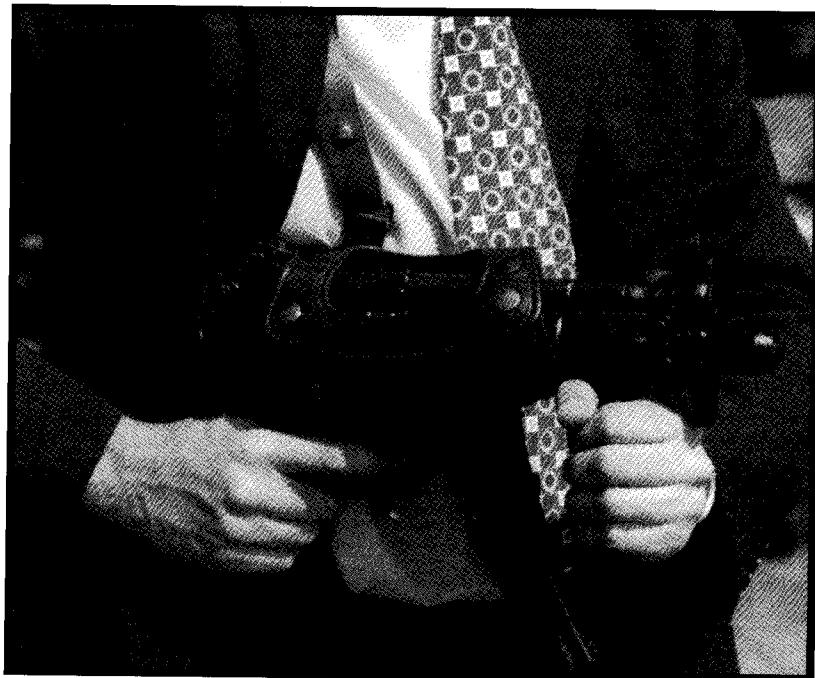
Specification:	Submachine-gun
Calibre:	9 mm x 19 Parabellum
Weight:	2.55 kg
Muzzle velocity:	400 m per second
Magazine capacity:	15- or 30-round box

This is the weapon of choice for many of the world's anti-terrorist units, including the SAS. It was the weapon used by the SAS during the Iranian Embassy siege in 1980. Its closed-bolt mechanism makes it the most accurate submachine-gun currently on the market. However, these weapons are not cheap. There are various versions of the MP5, including one with a telescopic metal stock and another with a short barrel.

Firing the H and K MP5

- ▶ The right hand holds on the pistol grip and the left hand on the forward handgrip.
- ▶ The thumb of the right hand sets the selector to "safe".
- ▶ The cocking handle is pulled to the rear with the left hand and hooked into the retaining notch.
- ▶ A full magazine is inserted into the housing and clipped home.

- ▶ The left hand is used in a chopping motion to release the cocking handle.
- ▶ The right thumb is used to change the selector to single shot or automatic.
- ▶ The gun is aimed and fired.
- ▶ When the magazine is empty, the working parts stay closed. This process can be repeated.

Shoulder Holster Rig

▲ The MP5K in a shoulder holster.

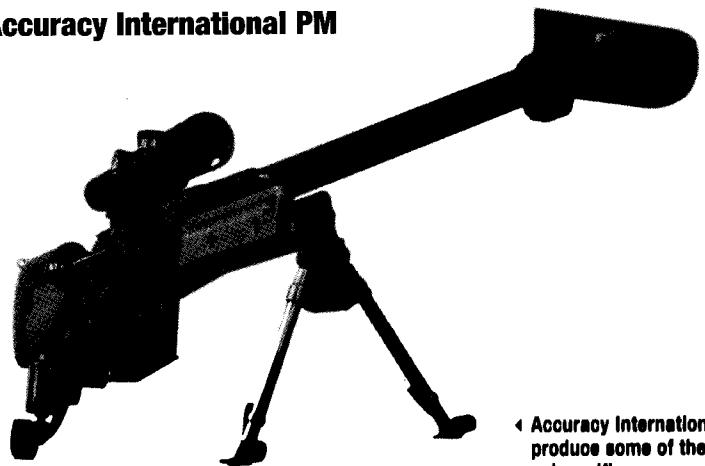
Designed for covert use, the shoulder holster rig comprises a shoulder holster and a double magazine carrier used to conceal a 9 mm semi-automatic such as the MP5K. Manufactured in water-resistant soft leather, the harness is designed to be worn for long periods with maximum comfort. The holster and magazine carrier are fitted with loops so that it can be secured to the wearer's belt. The weapon can either be completely withdrawn or fired while still attached to the rig. The SAS favour such holsters when they are engaged in bodyguard work and VIP protection.



◀ The MP5K fitted in a specially designed briefcase.

H and K make a wide variety of weapons, many of which are specially manufactured for covert work; the MP5K briefcase model is a good example. The briefcase is purpose made to take an MP5K (short barrel). The weapon is pre-loaded with a full magazine and the weapon is clipped into place using a set of clamps. The barrel is aligned with a hole in the side of the briefcase. Once assembled, the case is closed and the weapon's functions, such as safety and fire, can be selected by a switch and trigger in the briefcase handle.

Accuracy International PM



◀ Accuracy International produce some of the greatest sniper rifles.

Specification:	L96A1 PM
Calibre:	7.62 mm x 51 NATO Match
Weight:	6.5 kg with sight
Muzzle velocity:	850 m per second
Magazine capacity:	6-round box

The PM is a bolt-action, 7.62 mm sniper's rifle with a free-floating, stainless steel barrel. It is unusual because it has a fully interchangeable and adjustable trigger system that can be switched between rifles. The bolt is cleverly designed to ensure that the head moves neither during its operation nor through the recoil cycle, thus allowing continuous observation of the target. The rifle is equipped with a bipod and a retractable spike on the rear of the butt that effectively creates a tripod for use during long hours of surveillance. This is considered to be of great value by the SAS SP (Special Project) teams. It has a box magazine holding 12 rounds and, with scopes such as the Schmidt and Bender 6 x 42, has a lethal range in excess of 620 m (700 yards). The 7.62 mm PM or Counter-Terrorist (L96A1) can also be found chambered in .300 Winchester Magnum and 7 mm Remington Magnum. It is currently considered to be the best available sniper rifle in its class.

Heckler and Koch PSG1 Sniper Rifle



▲ The H & K PSG1 sniper rifle.

Specification:	PSG1
Calibre:	7.62 mm x 51 NATO (.308 Winchester match)
Weight:	9 kg with sight
Muzzle velocity:	820 m per second
Magazine capacity:	5- or 20-round box

The PSG1 is a semi-automatic 7.62 mm sniper's rifle with a free-floating bull barrel and a single adjustable trigger. It is a heavyweight weapon, at around 8 kg, and is therefore most often used for precision kills from a fixed position. The stock has an adjustable cheek pad while a pistol grip and butt plate all help extend stability and the sniper's comfort zone. Equipped with a bipod and either a five- or 20-round box magazine, the PSG1 has an enviable reputation as an excellent sniper's weapon. It is equipped with a sight, such as the Hensoldt Wetzler 6 x 42, which is adjustable from 100 m to 600 m and also has an integral battery-powered illumination unit for the crosshairs in low-light shooting situations. This sight also is very fast in engaging multiple targets.

POPULAR TERRORIST WEAPONS

KALASHNIKOV

Mikhail Kalashnikov's original design, though influenced by the German assault rifles that appeared towards the close of Second World War, became a triumph of military practicality, through its ease of mass production and its reliability. Since the first version, the AK47 achieved widespread use in the early 1950s. The design has constantly spawned new variations, produced both in Russia and throughout the world. The AKM, a simplified design, is capable of manufacture in relatively unsophisticated industrial facilities. Both were chambered in the short Russian 7.62 mm round, with 30-round curved magazines and had a cyclic rate of 600 rpm. Kalashnikovs are the standard infantry weapon of the former Soviet Union and are also widely used by other countries. It is a popular weapon in many Third World countries because it is relatively cheap, extremely robust and will operate under almost any conditions. After World War II the Soviet Union carried out a full analysis of infantry battles. The results showed that most fighting took place at close range. The AK47 was designed around this research, making it one of the most combat effective weapons in its class.

AK74



◀ The AK74 assault rifle.

Specification:	Assault rifle
Calibre:	5.45 mm x 39 Soviet
Weight:	3.6 kg empty
Muzzle velocity:	900 m per second
Magazine capacity:	30-round box

Developed from the older AKM 1974, the 5.45 mm AK47 is a re-chambered version. Lighter and with a higher cyclic rate of fire at 650 rpm and an effective range of 500 m (550 yards), it has already appeared in a number of variations from the standard with fixed stock; the airborne/Special Forces version, with folding stock; the squad automatic weapon, the RPK-74 with a 40-round magazine and the AKR submachine-gun. This latter variant is very similar to the AKS-74, but with a shorter barrel and an effective range of only 100 m (110 yards).

Dragunov SVD

Specification:	Sniper rifle
Calibre:	7.62 mm x 54 rimmed
Weight:	4.3 kg
Muzzle velocity:	830 m per second
Magazine capacity:	10-round box

The Soviet army discovered the value of snipers during the Second World War and for many years they used the old bolt-action Moisin-Nagant, the heritage of which dates back to the 1880s. The Dragunov first appeared in the early 1960s and was partly based on the Kalashnikov. The SVD differs because it uses a short-stroke piston to operate the bolt carrier, which is more appropriate to the needs of a sniper rifle as the long stroke of the AK

could affect both the stability and the accuracy. In combat conditions, many of the AK family parts can be interchanged with the SVD. The SVD chambered in 7.62 mm full power was introduced in 1983 and has a 10-round box magazine. Equipped with either a PSO-1 telescopic sight or the NSPU-3 image-intensifying night sight, this Russian weapon is one of the world's most widely used Special Forces sniper rifles and is credited with a range of at least 1,000m.

Norinco Type 64/67

Specification:	Silenced pistol
Calibre:	7.65 x 17 mm rimless
Weight:	1.18 kg
Muzzle velocity:	205 metres per second
Magazine capacity:	9-round box

This Chinese pistol is produced exclusively in silenced form. It has two forms of firing, manually operated single-shot and self-loading. When the choice selector is pushed to the left the breech is locked, allowing only a single shot. The breech block must be hand-operated in order to fire a second round or change self-loading. The second option is achieved by pushing the choice selector to the right. The weapon is extra silent in single-shot, locked-breech mode. The pistol fires a 7.65 x 17 mm rimless round unique to this pistol. As with all silenced weapons, the gasses are discharged into a large tube-like attachment that is fitted to the end of the barrel. In this case, the sound is broken down by a combination of rubber grommets and wire mesh. It is essentially an assassination weapon.

COMBAT SHOTGUNS

Both the Americans and British favour the Remington 870, 12-gauge pump-action shotgun. Shotguns are not new to intelligence services and have proved highly effective in close-quarter actions. Shotguns can be used for various purposes – from blowing open non-armoured doors to dispersing gas. Deadly at 40 m, most combat shotguns are extremely useful in hostage rescue operations or anti-hijacking assaults. Early combat shotguns were merely modified civilian weapons, but, the newer variants are designed purely for the military, especially as a close-range assault weapon.

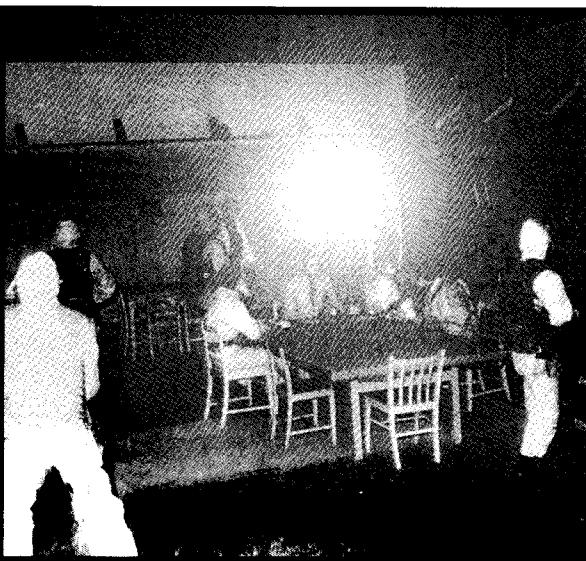
SPECIAL AMMUNITION

Enhanced capability ammunition is produced for a variety of small arms regularly used by Special Forces. High-penetration rounds are produced to deal with terrorists equipped with protective body-armour, such as the KTW-round, high velocity bullets made of bronze alloy and coated with Teflon. Another bullet, the Glaser round, is filled with shot in a copper case sealed with Teflon and is designed to penetrate plaster walls or wooden partitions and then to fragment, causing devastating flesh wounds to the target. One of the advantages of this type of round is that there is little chance of a ricochet injuring a member of the assault team or an innocent bystander.

HATTON ROUND

The Hatton round is a 12-bore cartridge that ceases to be a missile on impact. It is primarily used to remove hinges and locks from doors. The British SAS employ Hatton rounds by firing them from a Remington shotgun to ensure rapid entry during an anti-terrorist assault. The muzzle of the shotgun is placed directly against the hinge or locks and is then fired; this allows for most doors to be opened without harming hostages who might be on the other side. The shot is a compound of micronized gas that is released after smashing off the door hinge.

STUN GRENADE



◀ The effect of a stun grenade in a totally darkened room is outstanding, allowing the assault team members the vital seconds they need.

The first stun grenades were originally designed and made in the United Kingdom at the request of the British SAS. Today, they are a formidable tool and can be found in the armoury of most intelligence agencies. The SAS needed a weapon that could provide them with vital seconds to come to grips with terrorists. The Royal Ordnance experimental unit made various devices and eventually came up with the stun grenade. It consists of a G60, which makes a loud noise (160 Db), combined with a high light output (300,000 cd) that does not produce any harmful fragmentation. The effect is similar to a flashing strobe in a disco but a million times stronger. Anyone in close proximity to a stun grenade when it goes off will be stunned and unable to move for about three to five seconds.

SPECIAL OPTICS AND OTHER SIGHTING DEVICES

One of the first problems encountered in a Special Forces operation is darkness or restricted visibility. This can be caused by smoke, because the power has been cut at some point in an enclosed CQB (close-quarters battle) or simply as a result of the time of day set for the operation. A wide range of advanced low-light or fast-acquisition optics is now available either for use on weapons or attached to helmets or worn as goggles.

For snipers, the efficiency of light-enhancing optics can provide the difference between the success of the mission and the life or death of the hostages. Various laser-targeting devices are used; these are mounted on the weapon and, when activated, they place a small red dot on the target at the point where the bullet should strike. It has its uses in rapid-target acquisition scenarios and in bright light conditions, the laser spot has a range of 100 m (110 yards).

GAS

Over the years, both the military and intelligence agencies have developed a wide variety of gas products for one purpose or another. Capsules containing cyanide gas were given to spies and agents to provide them with a means of suicide should they get captured. Similar cyanide devices with a remote electronic triggering device have been made for assassination. However, gas in all forms remains a double-edged weapon when poorly used. Any gas usage requires the operator to wear a protective respirator.

The most common form of gas currently used is CS. This is an irritating, or harassing, agent, more commonly described as vomiting or tear gas; it is

a sensory irritant. Its action is usually rapid enough for it to be used as an incapacitating agent in hostage rescue situations. Its effects are usually comparatively brief, but in extremely high concentrations or in very confined spaces, it can be lethal.

Some agents cause a temporary flow of tears and are known as lachrymators; some, called sterutators, induce uncontrollable sneezing or coughing; some agents, called orticants, cause severe itching or stinging to the skin, and others, if swallowed or inhaled, cause bouts of violent vomiting.

Many of the wide range of agents now available were developed during the First World War and these include CN (Chloroacetophenone), the "classical" tear gas and DM-Adamsite, which is slower acting than CN, but which also causes severe headaches and nausea. The faster-acting and more effective CS, named after its discoverers BB Corson and RW Stoughton and otherwise known as Orthochlorobenzylidene Malonbutivise, dates from 1928, but was only really developed for military and police use in the mid-1950s by the British War Office (today's Ministry of Defence). CS in any concentration higher than 2 milligrams per cubic metre is likely to cause anything from a severe pricking sensation behind the eyes to an uncontrollable flow of tears, coughing, streaming nose, retching, vomiting and a gripping pain in the chest. In normal circumstances, an individual is likely to be incapacitated within 20 to 40 seconds of contact with the gas and to suffer the after-effects for up to ten minutes, even after exposure to fresh air.



◀ The black respirator provides protection against gas, but it also has an intimidating effect.

CASE HISTORY

During the evening of Wednesday, 23 October 2002, 50 Chechen guerrillas – 32 men and 18 women – stormed a Moscow theatre, taking some 700 hostages. The rebels had massive amounts of explosives, which they threatened to detonate, and kill both themselves and the hostages.

A few days later at 5.30 am, a potent gas was released into the building through the air conditioning system of the theatre. This gas, which has now been identified as an opiate-based anaesthetic, quickly put those inside to sleep before any explosives could be detonated. An Alpha team of the Russian Special Forces then stormed the building, shooting and killing all of the Chechens and bringing out the hostages. Gunfire and explosions were heard for approximately 15 minutes before the all clear was sounded. Unfortunately the gas proved lethal for some hostages with heart or respiratory conditions and 115 died as a result of the rescue. A further 42 remained seriously ill in hospital.

NEW WEAPONS IN THE WAR AGAINST TERRORISM

There have been several new developments in the war against terrorism. One is a new type of stun grenade that is thrown into a room prior to an assault and whose detonation is controlled from the weapon of the soldier who threw it. Instead of having the stun grenade detonate automatically on impact, the person who threw it has the opportunity to evaluate the situation before reacting, and the operator may choose a different option. For example, if the room turns out to be only occupied by women and children or non-combatants the grenade may only emit smoke or flare a bright light.

If, on the other hand, the room contains armed hostiles the grenade can be detonated, causing a disabling effect on the occupants. While this seems like a softly, softly approach to terrorism, the "hearts and minds" benefits in not killing innocent people has really paid off in such places as Iraq.

Another serious development is the Belgian FN P90 PDW (Personal Defence Weapon). This compact but full-powered weapon was designed primarily for military personnel including communications specialists, drivers, and the like. However, it has built itself up a reputation with many counter-terrorist units, as the weapon is ideal for operating in urban and other close-quarter battle scenarios and environments. By design, the P90 is one of the most ergonomic guns in the world. The extensive use of composite materials contributes to the light weight of the weapon system, and the balance of the gun, whether used by a left- or right-handed shooter, is not compromised. The mechanism of the P90 is quite simple, and without tools the gun breaks down for field stripping into three major assemblies, in addition to the magazine, in about five seconds. The P90 features a blow-back mechanism and fires from a closed breech, thereby combining the reliability of the simplest operating system with the accuracy potential of a full-size weapon.

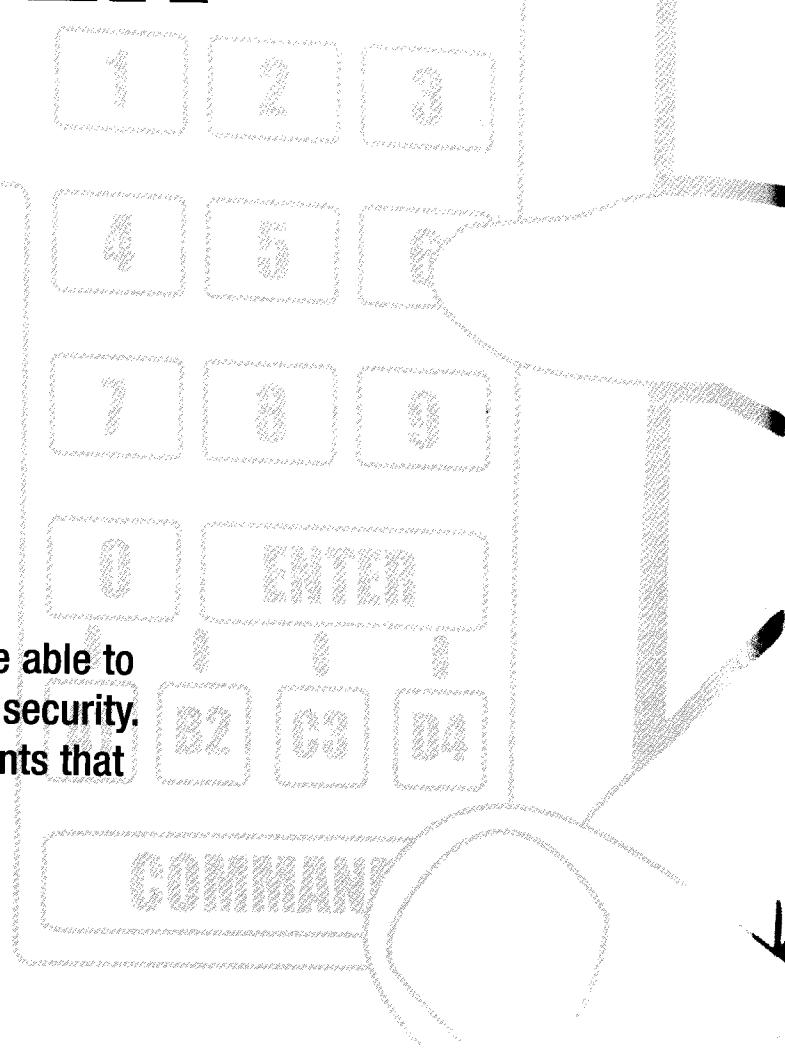
FN P90 PDW

Specification:	Sniper rifle
Calibre:	5.7 mm x 54 mm rimmed
Weight:	4.3 kg
Muzzle velocity:	830 metres per second
Magazine capacity:	10-round box

CHAPTER

9

A spy, agent or not, must be able to look after his own personal security. There are certain basic points that facilitate this.





SELF-PRESERVATION

Nobody likes to learn that they are being watched, listened to, or followed. Unfortunately, governments and other institutions these days have the power to hold significant records on individuals. However, there are many means at a spy's disposal for keeping a very low profile, or even ducking out of the system altogether. As well as this, any individual may want to learn how to avoid being "attacked", be it physically or via electronic means: banking, billing and the like.

Author's Note: I have always been fascinated by the way that people put a label on individuals who pertain to be spies, secret agents, assassins and executioners. The label appears to elevate them, as if they exist in a different dimension. Yet they are all human; they have mothers, fathers, wives and children. Most people who work for intelligence agencies do so in the belief that they are helping to protect their country. A member of an Israeli "Kidon" team may fly to Paris to assassinate what they term to be a Palestinian terrorist and then fly back to Israel and spend the weekend playing with his children. For some 18 years, when I was a member of the British SAS, I always seemed to have a weapon in my hand. On one occasion, the prime minister sent me and a colleague to help free the hostages from a hijacked Lufthansa aircraft. Five days later, three of the four hijackers were dead, and most of the hostages were released alive. I just went home to my wife and two young children. This was not an isolated incident. I have always carried a weapon and used it in many countries. Ask me if I am ever worried that my past will one day catch up with me and I will answer not really. Nevertheless, I keep a weapon handy and I do take some basic precautions. So, a spy, a secret agent, an assassin, executioner or just plain John Doe, should take precautions to protect yourself in everyday life.

Note: "Kidon" is the name widely used to identify an Israeli assassin. Kidon is the executive arm of Mossad and is based in the Negev Desert. It is a small unit of around 50 people, a handful of whom are women. Years of protecting Israeli interests have made them highly skilled at assassination techniques. Kidon operators normally work in teams of four and, while they can call on the Mossad structure for support they rarely do.

SECURITY IN THE HOME

A spy is at his most vulnerable when approaching or leaving his home. Anyone looking for him will know that at one time or another he can always be found there. Home is where he relaxes and drops his guard; it is also a place where he holds most of the documents and information that establish his identity. Home is also a place he shares with his loved ones. He will keep this in mind and anticipate any intrusion into his personal life and home. Above all, he will always – always – listen to his senses and gut feelings – if something does not feel right, then it usually isn't. He may think about the following self-preservation points:

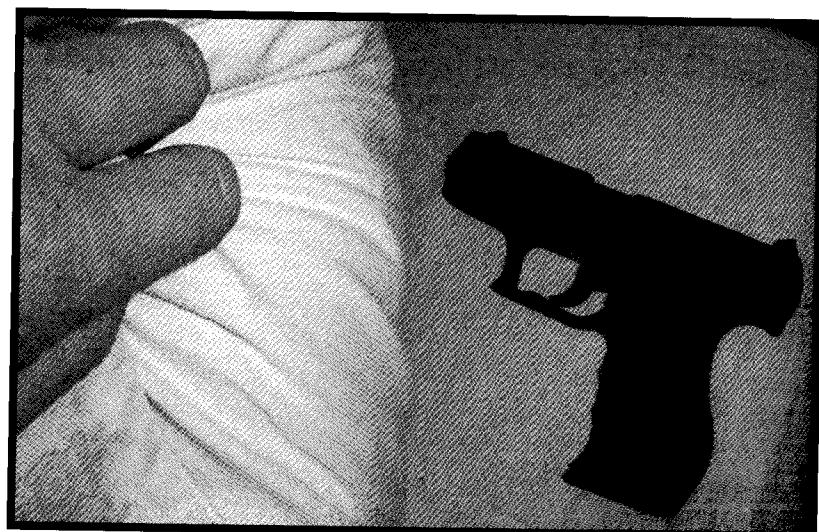


▲ The ultimate guard dog.

- ▶ Get a dog with attitude. Better still, get two.
- ▶ If permitted, always have some form of weapon handy. A baseball bat is a good option.
- ▶ Construct a safe room within his house. Make this impregnable for at least five minutes. He will make sure that he can activate an alarm from this room and that he has means to telephone the police.
- ▶ When not in use, he will make sure his car is always garaged, even in the day time.
- ▶ Always lock the garage and set the alarm.
- ▶ Fit sensor-activated cameras and record all activity around his home.
- ▶ Fit a very noisy alarm system.
- ▶ Fit mortise deadlocks to all outer doors.
- ▶ Fit wrecker bars to glazed doors and windows.
- ▶ Protect weak and vulnerable entry points with magnetic contacts or glass-breaker sensors.
- ▶ Use a key box for all of keys and make sure he knows who holds any keys to his home.
- ▶ Fit lightproof curtains to all windows. This avoids assassination from outside at night.
- ▶ Fit good lighting to all dark areas around the house.
- ▶ Always leave a light burning at night.
- ▶ Have emergency spot lighting that is controlled from inside the house.
- ▶ Have emergency lighting, such as gas lanterns and torches, easily accessible inside the house.
- ▶ Make entry and exit difficult for any assailant, with the aid of a high fence or a wall around the garden.
- ▶ Remove any house number and his name from the letterbox.
- ▶ Never answer the door automatically – always check who is there first.
- ▶ Put a chain on the door.
- ▶ Insist on seeing identity cards from anyone who needs access to the home, such as meter readers or work people.
- ▶ Never leave his home while strangers are present.
- ▶ Always lock doors and windows, even if only leaving for a few minutes.

- ▶ Ask friends to telephone him before coming over.
- ▶ Treat all visitors after midnight as suspicious.
- ▶ If he is leaving home for any length of time, he will cancel any regular deliveries and have a trusted neighbour empty the mailbox.
- ▶ Never tell anyone about his business or the fact that he is going away.

Preparation is the key to protecting both himself and his family, but the spy cannot live under constant fear. I have found it advantageous to anticipate the types of attack that may be directed against my family and our home. For example, shooting involves line of sight, even for a sniper, and a person using a pistol needs to get within a few feet of his target to be certain. Therefore, the spy is fairly safe when he is at home. An explosive attack is more likely to be against his car, but letter bombs delivered to the home are also effective. In some countries, there is a real hazard from suicide bombers, not just in the home but also while the spy could be out socializing. A professional assassin will almost certainly get to the spy if he needs to, so there is little point in getting paranoid. The spy will take a few simple precautions and follow his gut feelings in an effort to survive.



▲ If a spy has a weapon around the house, he'll make sure it's handy. Some spies may even sleep with a gun under their pillow.

I no longer keep sensitive material in my home, but, as a writer, I do hold a lot of valuable material. Both sensitive and valuable material should be protected. The best idea is to invest in wall safe, and most DIY stores now stock a wide variety of them. A spy may use a box folder for such things as family identification, birth certificates, marriage certificate, passports etc., and another for any personal papers that he deems to be sensitive or valuable. These should be placed in a safe place under lock and key and only removed when necessary. Avoid doing this when strangers are in the home. A spy will never keep sensitive material that is no longer required in his home; he will destroy it. It is best to burn documents and then flush the ashes down the toilet.

He will always back up any important material from his computer. Personally, I use a removable hard drive, rather than disks, and remove this every night. Make sure that this hard drive is put in a safe, dry place. Computers are vulnerable to attack and it is a simple matter for people to hack into it and download all information. Additionally, a computer stores a record of all your activities, including everything you download from the Internet. Computers should be purged by formatting the internal hard drive every four to six weeks. While this may seem drastic, it works. I use my back-up hard drive to reinstall important work. If email is used, a spy will always make sure that it is encrypted, and send important documents hidden within a digital picture (see Secret Codes).

While many telephones are fitted by private companies, most telephone systems are controlled by the state. This means that the state can listen to any conversation at any time. Additionally, telephones can be bugged or used to trigger another hidden bugging device (see Surveillance). A home telephone should be used as little as possible and never for important business. A spy will assume that a third party is listening in to his conversation. That way, he will not say anything he should not. He will take the telephone apart and check if it has been tampered with, although it is almost impossible to tell these days. He will have a separate, "clean" telephone locked away and only plug this in when he needs to talk to someone special. Mobile phones are cheap and easy methods of temporarily making and receiving anonymous calls.

We all receive mail. For the most part we open the letterbox, take out the mail and open it in our homes – bad move. Letter bombs are easy to make (see Sabotage), yet most people never give this a second thought. Most of us recognize our mail, the familiar bank statements,

bills and volumes of junk mail. Occasionally there is one that stands out; it looks interesting and so we rush to open it. A spy will always consider there may be a bomb-related risk. Was I expecting this letter? Do I know who sent it? Is the letter bulky, more than two sheets of writing paper? Are there any lumps or hard pieces? If he is not sure, he may use the following trick.

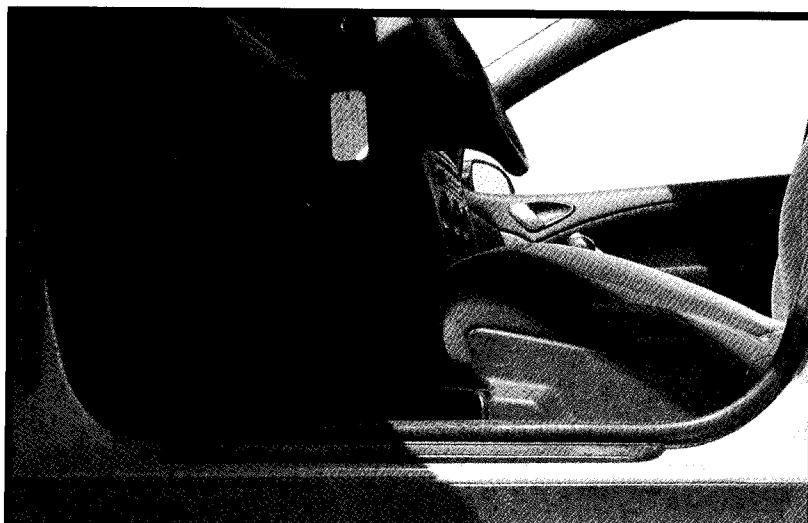
A very thin piece of wire can be carefully pushed through the bottom of the envelope. The wire is looped and fastened to a length of string. Most letter bombs only contain a small amount of explosive, so a three-metre length of string should be enough. The envelope should be laid on the ground and secured carefully with a weight – not enough to crush the letter. Then, from a safe distance, the wire should be pulled to rip open the bottom of the envelope. If it does not go bang, the letter can be picked up, bottom uppermost. Many letter bombs are activated by the top flap being opened or by the contents being removed. Both of these methods can be assessed by opening the bottom of the letter. It is a good idea to be suspicious of bulky greeting cards that have musical chimes.



▲ Why take the chance? If he suspects a letter bomb, a spy will open it with wire and string from a safe distance.

A spy's car is an extension of his home. It is the means by which he travels to and from home. This makes it equally vulnerable to attack. Many people have been killed by car bombs and there will doubtless be many more. It is a destructive form of attack and one that is fairly simple to achieve. Car bombs can be triggered by pressure, pull, speed, breaking or any electric device within the car, such as turning the radio on. They can also be triggered by various radio devices that are remote from the car.

A professional assassin would practise on a similar make and model of



▲ When checking for a car bomb, the most likely place is around or near the driver's seat.

vehicle to that used by his target, to ensure that when he places the explosives, they are almost impossible to find. These basic rules will minimize the threat.

Most assassins who use car bombs always place the explosive close to the driver's seat, so the spy will make sure that he always checks this area thoroughly. He will always garage his car when it is not being used. He will always check his car before getting in. He'll check the bonnet, underneath the car and under the seat. He'll go to both windows and look at the opposite door for signs of tampering or for any wires. He'll carry out a sweep every time he uses his car, because if he is under observation this approach will often deter anyone from planting a bomb. The enemy can attack the car in four different ways:

- ▶ Using a device placed directly on the vehicle that is detonated on entry or ignition.
- ▶ Using a device placed on the vehicle that is detonated while in transit by radio control.
- ▶ Placing a large bomb along the route the spy will travel – in a drainage ditch or on an embankment.
- ▶ By firing a rocket-propelled grenade at the vehicle.

Finally, if the spy ever gets attacked in the home and manages to gain the advantage over his assailant, he will make sure that they never come back a second time. Self-preservation means fighting back and winning.

GLOSSARY

- CQB** – Close-Quarters Battle. Hand-to-hand or weapon combat that occurs at very close range.
- Echelon** – A powerful intelligence-gathering organization. It captures huge volumes of information from cellular, microwave, satellite and fibre-optic sources and processes them for security purposes.
- EDX** – Electronic Data Exchange.
- FARC** – Revolutionary Armed Forces of Colombia (Fuerzas Armadas Revolucionarios de Colombia). A terrorist organization formed in 1957, the guerilla arm of the Communist Party in Colombia.
- GCHQ** – Government Communications Headquarters in England. Part of the government, it is an intelligence and security organization.
- GIGN** – National Gendarmerie Intervention Group (Groupe d'Intervention de la Gendarmerie Nationale).
- GIS** – Geographic Information System.
- GPS** – Global Positioning System. A satellite-based navigation system.
- GSM** – Global System for Mobile communications. The European standard for digital cellular communication.
- HUD** – Heads up display. A glasses-or helmet-mounted display usually used in airplanes.
- IONEC** – Intelligence Officer's New Entry Course. Run by British secret services for new officers.
- JARIC** – Joint Air Reconnaissance Intelligence Centre. A Defence Agency, part of a British governmental branch that analyses imagery and intelligence.
- MexE** – Mobile Station Application Execution Environment. A framework designed to ensure predictable environments for third-party applications for GSM and UMTS handsets.
- NSA** – National Security Agency. A branch of the United States government, it is the US's cryptologic organization.
- OSS** – Operation of Strategic Services. This department was the forerunner of the CIA (Central Intelligence Agency) from 1942–1945.

GLOSSARY

- RDX** – A solid usually used to make explosives.
- RF** – Radio Frequency.
- SEAL** – Sea, Air And Land. A special forces branch of the United States Navy.
- SIS** – Secret Intelligence Service.
- SOE** – Special Operations Executive. The British secret service that was active during World War Two.
- Spetsnaz** – A branch of Russian special forces. They are seen as the elite and ultimate force in Russia. Originally formed to conduct secret combat operations behind enemy lines.