



HOSTILE ENVIRONMENT TRAINING

Today, a lot of emphasis is placed on hostile environment training. Aid workers in Afghanistan or Iraq and media personnel covering a live war situation are just two examples. For these individuals, hostile environment training makes their stay in these places more comfortable; for a spy working in a foreign country, such skills are literally a matter of life or death.

Hostile environment training teaches an individual about military combat, weapons, explosives and tactics. A modern spy must learn the safety drills, how the weapon operates, and be able to field strip the weapon in an emergency. Once these skills have been mastered, the student will move on to basic shooting skills, movement and room clearance drills.

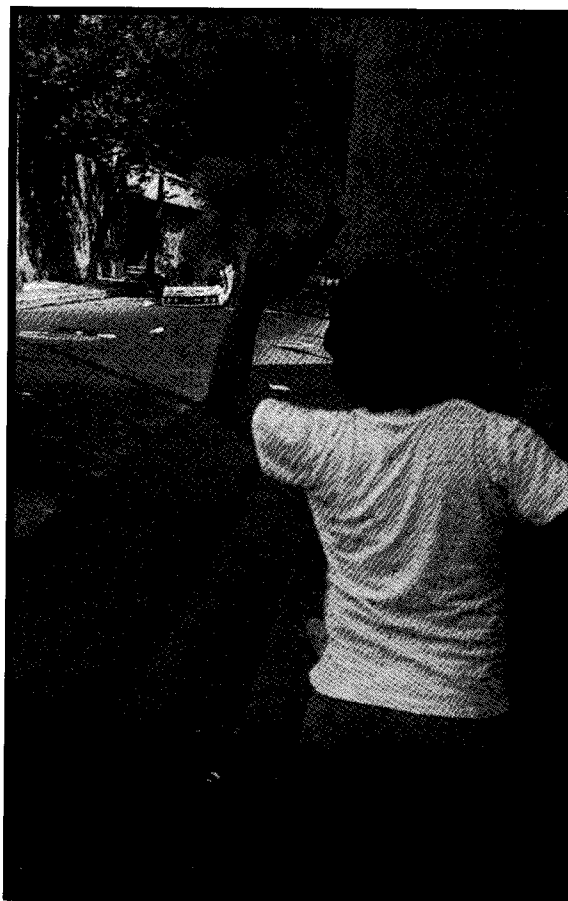
The spy must know how to use both weapons from his country of origin and those of his enemy. Most weapons, irrespective of their origin, operate more or less along the same principles. If the spy can understand several in detail, it will provide an elementary understanding of how all pistols and submachine guns operate.

It is always useful for the spy to have a fundamental understanding of explosives and demolitions. A modern spy needs to know how to detect a bomb, deal with a bomb or how to make a bomb. In the normal case of events, specialist units, such as the SAS, will be brought in to perform demolition tasks. This unit has its own unique demolitions course that is restricted to the SAS officers only. The course teaches all the formulas for explosives, both commercial and homemade and their use in sabotage operations (see Explosives in MoE section). British spies learn their basic skills during the IONEC military week, when they get to work with the Increment (see Clandestine operations).

They must also learn resistance to interrogation. If spies and agents get caught, the information that they possess may be of vital importance to the enemy – if captured, therefore, a spy can almost always expect to be tortured. The modern spy also needs to learn escape and evasion techniques, how to evade dogs and how to stay free once he has escaped.

While these are essential skills for the spy to acquire, his first and foremost skill must be to assess the threat. This means spotting a

dangerous situation before it comes to fruition, dealing with a situation that has arisen, and escaping from that situation.



◀ Working in a hostile environment.

AWARENESS

When living and operating in a hostile environment, the spy has to live on his wits. He must be aware of suspicious people or actions that occur at his accommodation or his place of employ. The spy must always be on the alert against an enemy attack. This requires vigilance, observing his immediate environment whenever he is awake. First and foremost, he must evaluate the geography of his location. For example: meeting and dealing with a group of thugs outside a pub in London may result in a good kicking; meeting a group of armed terrorist sympathizers in the back streets of Beirut will result in death. The list of awareness practice is inexhaustible, but the spy should always:

- ▶ Be aware of areas with a high-risk element.
- ▶ Maintain a fit state of mind; being drunk always makes him vulnerable.
- ▶ Change routine, be unpredictable.
- ▶ Walk on the right-hand side of the road if the traffic drives on the left. This gives him plenty of time to observe vehicles coming towards him, but makes it difficult for any surveillance following him.
- ▶ Avoid observable patterns of behaviour that would enable the enemy to predict his future movements; change his eating and drinking places on a regular basis.
- ▶ Vary his habits of catching a bus or a train from the same stop or station every day.
- ▶ Be wary of telephoning for taxis. The enemy may be listening in and may provide their own taxi. If meeting an agent he will get the taxi to drop him off several hundred metres away from his home. He will then walk away in the opposite direction.
- ▶ Be wary of revealing particulars of his movements to anyone he does not trust. Avoid pre-booking any travel. If he must pre-book, he will do it under someone else's name.
- ▶ When he is on public transport, he will seat himself where he can observe the other passengers and get a seat near to the door for a rapid escape.
- ▶ If he thinks he is being followed, he will get off and walk back the way he came and check if anyone is following.

- ▶ Have a back-up plan should things go wrong.
- ▶ Keep his car in a garage if he has one.
- ▶ Have photographs of the cars that are normally parked outside in the street and check for any newcomers.
- ▶ If he must park on the road, he will park in a place where he can see the car from the house.
- ▶ Fit a good motion detector alarm.
- ▶ If driving, keep the rear- and side-view mirrors clean.
- ▶ Never leave articles in the vehicle, they can be booby-trapped.
- ▶ Always carry important documents on his person and use a briefcase as a dummy.
- ▶ Keep away from dark or isolated areas, especially at night. Avoid walking through public parks late at night.

Timing is also important. The same back street in Beirut may be a peaceful market place during the hours of daylight, with the bustling streets offering a degree of protection and normality. At 2 am, the market traders will have gone home and the street will be empty.

The first question the spy must ask himself is, "Why I am here?" Assuming he started in a safe location, why is he now in a hostile one? No one simply walks into danger, but the activities of a good spy may require him to do so. It may be that he is going to meet an agent, or that he needs to obtain information about a person or a property. In planning his task, he must understand the dangers, both known and assumed, and make preparations for his safety. He needs to establish whether he should walk, drive, arm himself or have back-up units ready to assist.

The logic of both geography and time provides us with situation awareness; a spy must learn to react to it if he is to survive. Situation awareness is a mixture of visual and mental simulation triggers.

Example: Feeling – this is not a good situation. The area is known to be hostile. Normal activities have calmed down – the local population are moving for cover. Small groups of young men are loosely gathering around. The spy is the only stranger in the immediate vicinity. What should he do?

- ▶ Ideally, at the first signs of a situation such as this, he should casually walk or drive to the last known safe area and extract himself.

- ▶ If this is not possible, or if the way is blocked, he must look for an escape route. If none are available, he should prepare for an imminent attack, but keep moving
- ▶ He will aggressively confront those blocking his path.
- ▶ Fight and flee.
- ▶ Call for hot extraction. (The problem with calling for back-up is that he will blow his cover.)

A "hostile situation" is a term that is often used very loosely. Basically, it implies that something, usually unplanned, has happened, and that the spy now find himself in a totally unknown and unexpected environment from which there is no immediate prospect of extraction. If he is a suspected spy his life may be under threat. Physical fitness and his exact location at the time of awareness will to a large extent determine his reaction to any unplanned incident. The prospect of being killed or taken prisoner by an enemy must rank as one of the most frightening situations a spy must face. When the immediate fear of the unknown and the looming threat of death plays havoc with the emotions, the only channel open to the spy is to fight – to win.

THE BASICS OF SELF-DEFENCE FOR A SPY

Note: For civilians, it is permissible to use reasonable force to defend yourself and this force can extend to killing your aggressor if they present a real threat to your life or the life of another. Excessive force, however, beyond what is justified by the facts of the situation, must not be used. The best policy is to avoid, if possible, violent situations but to be ready to defend yourself, and others, appropriately if there is no alternative.

In the world of intelligence gathering, most premeditated attacks are carried out by religious zealots. As previously stated, the secret of avoiding any attack is awareness and preparation. Awareness will take away the element of surprise from a spy's attackers; preparation will help the spy defend himself.

In any confrontational situation, he will stay calm and stay ready. He will never allow reasonable behaviour to be mistaken for weakness.

He will defuse the situation by looking confident, always looking for avenues of escape. If the opponents have been drinking heavily or are under the influence of drugs, they will not be able to run very far before they are short of breath. If a fight looks imminent, he will get his blows in first, quickly and with all the aggression he can muster.

BALANCE



LOOK AT THE ENEMY – BUT BE AWARE
OF THE SURROUNDINGS

ARMS UP, READY TO ATTACK OR DEFEND

BODY TURNED TO SIDE

KNEES SLIGHTLY BENT

◀ Good balance is the secret to winning any confrontation.

Fighting skills, no matter what form they take, all depend on one single factor, balance. To acquire the skill necessary to overcome any antagonist, there is one outstanding principle: "Without balance there is no strength."

If the body is not properly poised, and thus unbalanced, any struggle between two unarmed people will rely on pure muscular exertion – which means the stronger person will win. In order to win against a stronger person, the spy must adopt a positive mental attitude, coupled with speed and aggression. The "on-guard" stance will automatically put his body into a well-balanced position from which he can use his body strength to its full advantage.

ON GUARD

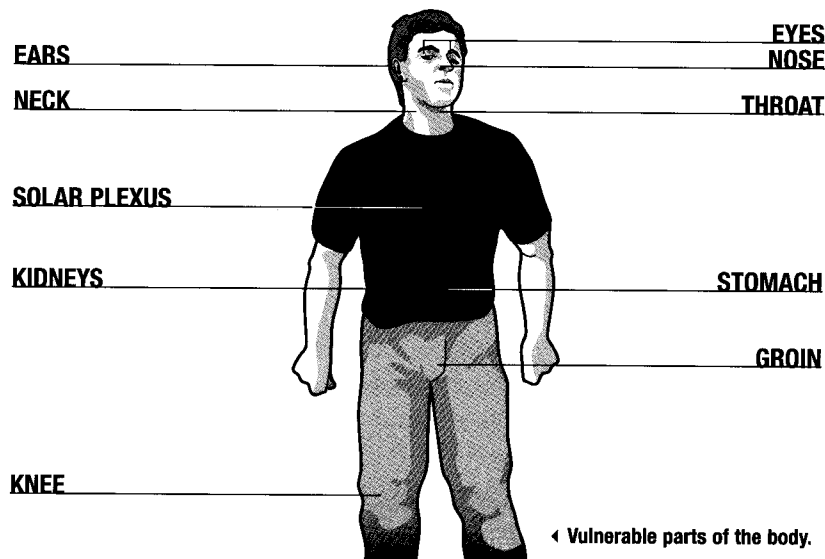
The best on guard position is taken when a spy is facing an opponent, with feet shoulder-width apart. One leg will be slightly forward and knees will also be bent. Elbows will be tucked in, and hands will be raised to protect face and neck. This can and should be practised by the spy – the agent will stand relaxed and then, with a slight jump, go straight into the on-guard position.

The spy will not stiffen and will try to feel comfortable. He will tell his body that it is a spring at rest. First he will throw out his favoured hand in a blocking motion – at the same time automatically placing the other hand in front of his lower face to protect his mouth and nose, but not obscuring his vision. Next, he will imagine that someone is about to punch him in the stomach. He will keep his stance, with elbows in tight and twist his shoulders from the waist. This puts the muscle of the forearm in a protective position, without having to move feet or upset his balance.

To practise keeping balance, he will move about the floor, first sliding one foot back and drawing the other one after it quickly, until, no matter how he moves, he can always stop instantly in balance without shuffling his feet into position, but with clean-cut, precise movements. When he has to move, he will flow. He will not lift his feet, unless he intends to kick. He will not cross his legs. He will move in the opposite direction to any attack. A good agent will practise the on-guard position with a partner attacking him.

VULNERABLE PARTS OF THE BODY

The human body is well adapted to taking punishment and may survive even the worst assault; this is one of the reasons we have progressed to the top of the animal chain. We can live with no arms or legs, without eyesight or without hearing, but life is a lot better with them. The most vulnerable parts of the body are as follows.



Note: Below is a list of vulnerable body parts and how a spy can make use of them. These should not be used by non-spy civilians. Members of the general public must only use reasonable force in defending themselves and should not take pre-emptive action.

Eyes

Without eyes the human being is pretty helpless. Damage to an opponent's eyes will cause temporary, or even permanent, loss of vision. This will allow the spy to escape any attacker.

Ears

The ears offer a good target. They offer themselves readily available to biting attacks. Sinking his teeth into someone's ear lobe will have the desired effect if a spy is being attacked. Clapping his open palms over both his attacker's ears will produce a nasty numbing sound to the brain, and has even been known to cause unconsciousness.

Nose

Like the ears, it protrudes and therefore offers a good target to bite or strike with his fist. The spy will use as much force as is deemed necessary to make his attacker break off the attack. Any upward blow will make the attacker lift his head and will offer his throat for a further attack. Even a gentle open-palmed upward movement by the spy to an opponent's nose will cause them to lessen their grip.

Neck and Throat

The neck and throat can be very vulnerable; it contains most of the vessels that keep us alive.

Stomach and Solar Plexus

A heart punch, aimed by the spy at the point where the ribs start to separate, will have a devastating effect on any attacker. Likewise, most people do not have a muscle-bound stomach; the same blow delivered with force will literally knock the wind out of a person.

Testicles

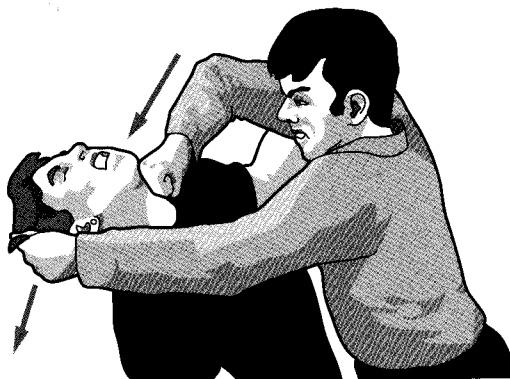
Although a good kick or blow to the groin will hurt a woman, it will cause triple the amount of pain to a man. It is also possible to grab and twist a

man's testicles; while this procedure may repel a woman, it will produce the most amazing results.

Lower Legs

A backward blow against either knee joint is guaranteed to stop any attacker chasing the spy. The legs are also a good area to kick if the spy is being held in a bear hug or if he is being gripped from behind. Stamping down hard on the attacker's toes will have the desired effect.

DELIVERING A DECISIVE MOVE



◀ The spy will learn one effective move and use it. The one illustrated here is potentially fatal and would only be used if his life was in danger.

A spy will beat an opponent by learning to recognize the precise moment to strike. Sometimes just one blow, swift, sharp and accurate, will suffice. Other times, the spy may need a practised set move.

Note: members of the public should only use reasonable force in a self-defence situation and never pre-emptive action.

Example: In some cases, the attacker may block the spy against a wall and wait a few seconds before having a go at him. Should the attacker present himself side-on at any time or if the spy can manoeuvre himself into this position, he will take the following action:

- ▶ He will grab the crown of his hair and pull his head back sharply.
- ▶ This will unbalance the attacker and expose his throat.
- ▶ Bring his fist up into his windpipe with one hard blow.
- ▶ If he continues to pull backwards, his attacker should drop to the ground.



WEAK POINT

There is an old saying in the SAS, "Take hold of a person's hair and the body will follow." The secret is to maintain a grip from the rear and never let the opponent twist around.

- ▶ If the attacker has no hair to grip, the spy will use his hand like a claw and grab at nose and eyes, forcing the head back.
- ▶ Once free, the spy will kick, break and run.

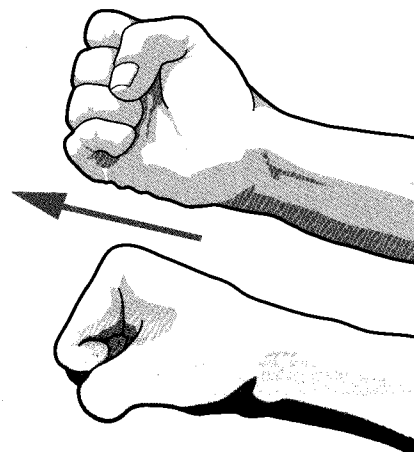
USING THE BODY FOR FIGHTING

When in conflict with an attacker, and if no other aid is available, the spy must rely on his own body in order to fight. Surprisingly, this is not as bad as it sounds, as the human body offers much power and force.

Note: Once again, the rules are different for non-spy civilians. Civilians must only act in self-defence and should only use such force as is reasonably necessary in order to escape. Some of the methods below are quite drastic and will be criminal offences unless they are reasonable and in self-defence.

Balled Fist

It is normal for the human to fight with a balled fist. The spy will use his first punch to hit one of his attacker's vital target areas. He will aim for the nose, chin, temple or stomach.



◀ Fingers must be curled in tight with thumbs pointing forwards.

Open Palm

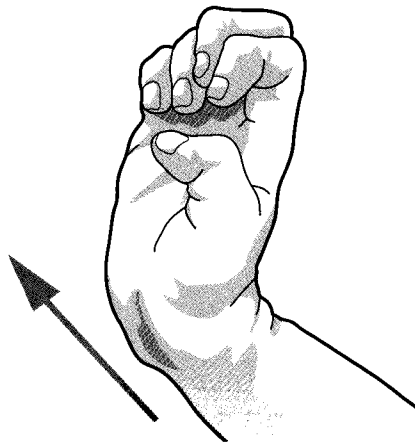
The spy slaps his open palms simultaneously against the ears, from the back or from the front, will cause damage to an attacker. Using a chopping motion against the side and rear of the neck can also be effective.



◀ A quick sharp movement will be most effective.

Heel of the Hand

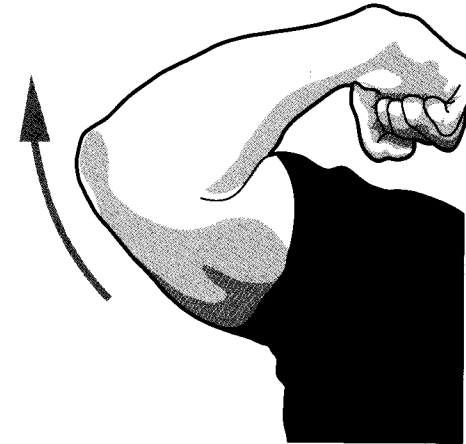
The chin jab is delivered by the spy with the heel of his hand, putting the full force of his body weight behind the punch. When attacking from the front, the spy will spread his fingers and go for the eyes. If attacking from the rear, he will strike the back of the neck just below the hairline for a very effective punch. As the head snaps forward, he will use his fingers to grab the hair and snap it back quickly. He is less likely to injure his hand if he uses heel-of-the-hand techniques.



◀ Also known as a "bear paw" punch.

Elbow

The elbow is a formidable weapon if the spy is side-on or if he has his back to the attacker. Jabbing the elbow into the attacker's stomach will usually drop him to the floor. If the spy has been knocked to the ground, he will try elbowing up into the testicles of his attacker. A well-connected blow from the elbow will give him enough time to break contact and run.



◀ Getting the power of the hips behind an elbow blow can make it an incredibly powerful attack.

Knee

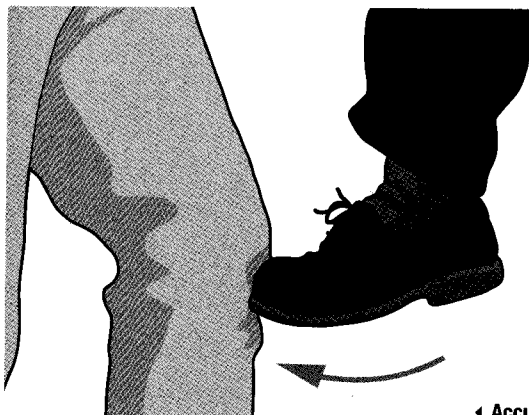
Although it is one of the body's more powerful weapons, it is limited by its movement; it can only be directed to the lower part of the attacker's body. However its battering-ram effect can cause severe damage when driven into the testicles or when aimed at the outer thigh.



◀ Bringing target to knee makes an even more powerful attack.

Foot

A hard kick is as good as any fist punch, and can be used by the spy just as readily. Unless the spy has had some special training, he will keep his kicks below waist height. The moment he lifts his foot from the floor, he becomes unbalanced.



◀ Accuracy helps, but is not essential.

Heel

The heel can be an excellent self-defence tool if the spy has been grabbed from behind. He will drive his heel down on to the instep of the attacker or stamp continually on his foot. Another effective way is to kick the attacker's anklebones.



◀ The spy will swing the heel backwards if he is grabbed from behind.

Teeth

Biting into any part of the attacker's body will cause severe pain and discomfort. The spy will know that the ears and nose are the best places to go for, but any exposed skin will do.



◀ Biting and tearing will cause maximum pain to an attacker's ear.

EVERY ITEM IS A WEAPON

Humans have perfected the art of killing; from the very first club to the cruise missile. While a spy may well be carrying a weapon, such as a pistol, circumstances may prevent him from using it. The spy will often carry a number of seemingly ordinary items that he can use as weapons.

Note: Civilians cannot carry weapons in a public place without good reason or authority. If they do so they are committing a criminal offence. This can extend to objects which are not always viewed as weapons but which the civilian intends to use as a weapon.

Comb

Any type of metal comb or hairbrush will cause discomfort if dragged quickly by the spy across the eyes of an aggressor. Equally, just scratching the comb across an attacker's skin may cause them to release their hold.

Coins

A hand full of loose pocket change and formed a fist will greatly increase the force of any blow. Additionally, several coins tied into the corner of a handkerchief will form a very effective cosh. The spy can then swing it at the attacker's temple or general skull area.

Magazine or Newspaper

Any magazine or newspaper can be rolled into a baton and carried around by the spy. He will hold it by the centre to stab with, using either backward or forward thrusts. The end of the baton will be held to beat the attacker around the head. A rolled-up newspaper is a great defensive weapon for the spy to fend off any knife attack.



▲ A rolled-up newspaper or magazine makes a very effective weapon.

Pen

Most types of pen have a pointed tip; that means that they will penetrate skin if used in a punching manner. The pen will be held by the spy as if it were a knife and used against any exposed part of the attacker's body, such as the neck, wrists and temple. The harder the punch, the better the results.

Extendable Baton

This item offers excellent protection for the spy and can be disguised as a key holder. It can be used by the spy as a fencing sword to slash, and rain blows at the attacker's head and hard bone areas, such as the elbows and knees. This is a very useful tool if the spy is outnumbered by attackers.



▲ A great weapon – the simple baton.

Ashtray

There is normally a plentiful supply of ashtrays in social premises (such as pubs and restaurants), some of which will be fairly full. Ash can be thrown by the spy into the attacker's face and followed up with the ashtray itself. Most ashtrays are round in shape and, irrespective of weight, can be used by the spy as a Frisbee-type missile.

Pool Cue

This has been a favourite weapon for many a thug over the years. If a spy is attacked in a club he may find that this is a weapon very close to hand and he won't hesitate to use it.

Bicycle

If a spy is attacked while riding a bicycle and is unable to escape, he will pick the bike up and use it as a shield, in the same way as he would use a chair. The bicycle pump is also very handy to use. If it is readily accessible, a spy may even use a bike chain – a steadfast weapon of the 1960s Teddy Boy era.

Boiling Water

This is a good defence if the spy attacked in his home. Boiling water splashed in the face will give him plenty of time to escape. Boiling water can come in any shape or form, a cup of hot coffee or tea, or even hot soup. In a restaurant, the spy may even use the coffee percolator. Most kettles or coffee machines in the home have a 1 m length of electric cable. In an emergency, this can be disconnected from both the power socket and the appliance and used as a weapon. The appliance end can be gripped by the spy and the plug swung at an attacker; it is extremely effective against the head. The same principle can be used by the spy in an office, e.g. computer and printer leads.

Boots and Shoes

All the spy's footwear should be comfortable but sturdy. Kicking is one of the basic defensive moves available to him and it is no good trying to damage an attacker with a pair of flip-flops. A good solid boot will damage an attacker wherever he is hit. The spy will know that it is best to concentrate on the attacker's legs.

Bottle

The favoured weapon of many a street fight, its design could have been made for fighting. The spy will not bother to smash the end of the bottle off; this normally results in the bottle disintegrating altogether. He will use the bottle as he would a club and strike for the head and temples. Being hit on the joints, such as the elbow and kneecap, is particularly painful.

Belt Buckle

Any belt with a good metal buckle will provide a good defensive weapon. The spy will wrap the tail end around his hand several times and then use the belt in a whipping action. He will concentrate his attack on the exposed areas of skin, such as the face, the neck and the hands.



SPY'S OUTFIT

When venturing into a hostile area, the spy will select his shoes with care. They will be light enough to run in, but hard enough to deliver a stunning blow.

Chair

The common household or cafe chair is a very formidable weapon. It can be held by the spy by gripping the back support with one hand and the front of the seat with the other. The spy will always try to attack with a chair if his attacker has a knife. The seat of the chair works as a shield, while the legs can be prodded into the attacker's head and chest.

Cigarette Lighter

If the spy finds himself pinned down or held from behind by a stronger attacker and if it is feasible to reach the lighter about his person, he will use it. The flame from a lighter will break even the strongest hold. Once he is free, he will grip the lighter firmly in his fist and strike against the attacker's temples.



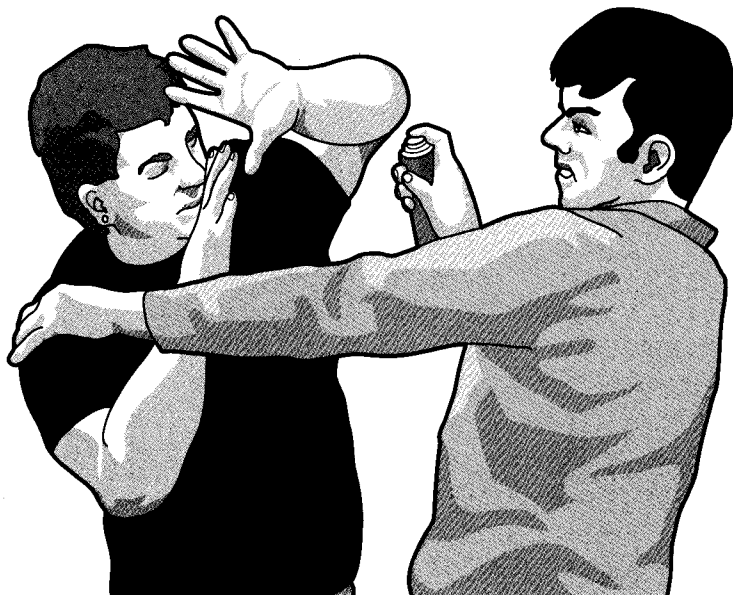
▲ A cigarette lighter can cause a lot of pain.

Coat

This is not so much a weapon, but more of a shield. If the spy is attacked in the street, he will remove his coat and use it in the manner of a bullfighter. Throwing the coat over the attacker's head may only give a couple of seconds head start, but the spy will run faster without it.

Deodorant Spray

Spray carried in a female spy's handbag can be sprayed directly by a female spy into the face of any attacker. Hair spray is particularly effective against the eyes or when sprayed directly into the mouth or nostrils.



▲ Spraying deodorant or similar aerosol products in someone's face will make them think twice.

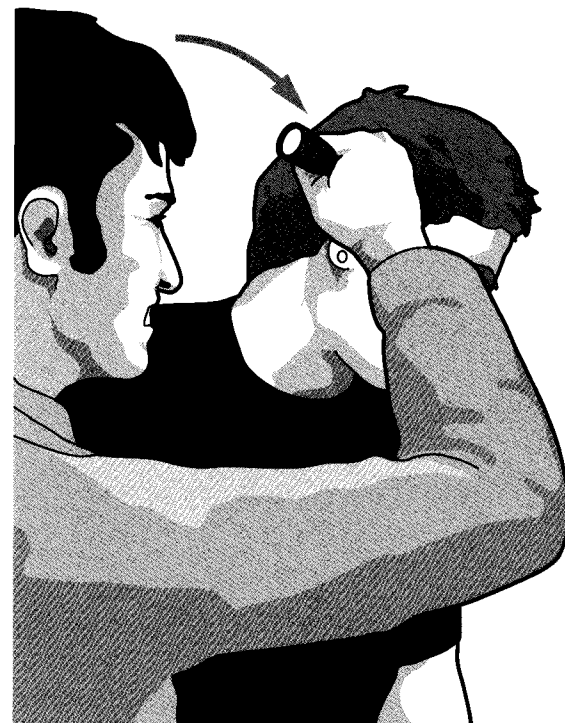
Caution: Some self-defence books advocate using a cigarette lighter to ignite the spray from an aerosol can but it is rarely used by spies; there is more than a 50/50 chance that the can will explode in the hand.

Fire Extinguisher

Most homes and offices now have several fire extinguishers. The pressurized contents can be used against any attacker by spraying him in the face. Once the attacker is blinded, the spy can beat him over the head with the bottle.

Flashlight

It is common sense to carry a flashlight while walking out any dark night. Although expensive, the more modern Mag-light type torches are extremely good and make an excellent weapon for a spy. The spy will use the flashlight just as he would use a baton.



◀ Using a torch as a club or baton.



CLOSE TO HAND

The spy may carry a small plastic baton fitted to your car keys; this not only stops him from losing them, but also offers an excellent defensive weapon.

Keys

Keys can be used by a spy by laying the key-fob in the palm of the hand with the keys protruding between the fingers. This forms a crude type of weapon. The spy will direct his blows against the vital pressure points of his opponent's head and neck.

Rocks and Soil

If a spy is attacked outdoors, throwing rocks at his attacker will help to keep him at bay. Closer up, a handful of sand or dirt thrown in the attacker's face will temporarily blind him.

Scissors and Screwdrivers

These common household items are very useful for a spy. The spy will use them for jabbing and stabbing, held as a knife.

Socks

Silly as it may seem, a sock will readily make a very effective cosh for a spy when, filled with sand, chippings or soil. In the home, or if the spy is on the street, he may use loose pocket change. He will swing the cosh hard at his attacker's head.

OTHER PROTECTION DEVICES

It is fairly easy to make a wide range of protective devices that are quite effective – a spy may save his life with one; most only require a little imagination. In most countries it is illegal to carry any form of weapon in public, even if it is for the purposes of self-defence so a spy will try to hide the fact that he is carrying anything. This must not be done by a non-spy civilian.

Weighted Clothing

One of the best protective items is the cosh. This weapon has been around for many years and is often associated with old-time gangsters. There are several advantages for a spy to use a cosh; a hit in the right area with a well-made cosh will immobilize most aggressors who have attacked the spy. On top of this, they are easy to conceal about the person, although again, as above, note that concealed weapons are illegal in most countries.



◀ A spy can weight anything with lead shot.

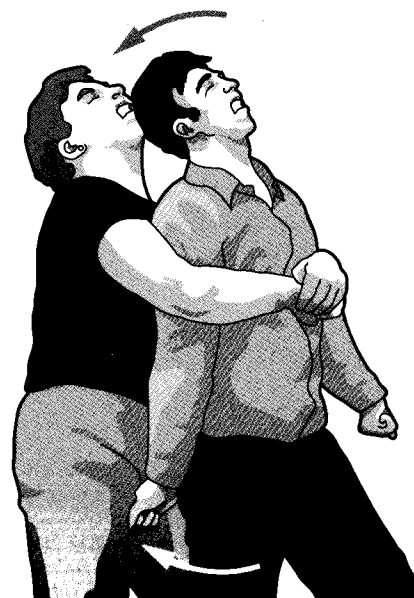
Pepper Spray

Defensive sprays are banned in many countries and thus must not be used by civilians. However, an effective, but non-lethal spray can easily be made by a spy. Both pepper and curry powder offer an excellent deterrent against attacks in the home. In an emergency, it is possible for a spy to throw the dry contents directly into the face of an attacker. However, it is not easy to carry these around and the practicalities of using them out of doors are small.

DEFENSIVE MOVES

If a spy is attacked from the rear and the attacker's arms or hands are within range, he will try biting them. If he manages to get his teeth into a section of his skin, he will only bite a small section, however. By doing this, he will get a better grip and cause a lot more pain to the assailant. A small section is also easier to rip at; the spy will grind his teeth into it and try to come away with some flesh.

If the attacker has a low bear hug hold on the spy, with his arms more around the waist than the chest and thus making it difficult for the spy to slip out, he will try doing a rear head-butt. He will push up on his toes, bend forward at the waist and then slam his head sharply backwards. He will try to hit the attacker's nose. Also, by shifting his hips to one side, the spy may be able to hit the attacker's groin area.



◀ A two-handed attack from behind can be dealt with.

If an attacker grabs him from behind using just one arm, the spy can take the following action.

- ▶ He will push his bodyweight forward, twisting in the opposite direction of his attacker's gripping arm.
- ▶ At the same time, he will raise his left elbow as high as possible in front of him.
- ▶ The attacker will automatically try to pull the spy back. He can use this by twisting back the opposite way, only this time using his momentum and that of his attacker, to bring his elbow back into the face.
- ▶ This move can be combined with a backward blow from the other hand, driving a balled fist into the attacker's testicles.

If the spy has been grabbed from behind in a bear hug with both his arms pinned at his side, he will do the following:

- ▶ Bend his backside into the attacker; at the same time link his fingers together.
- ▶ Bend his knees to drop his body height and try to slip down through the bear hug.



◀ An attack from the front: the spy will block with his front hand and attack with everything else.

- ▶ With his fingers linked, he will swing his elbows out.
- ▶ Using a rocking, twisting movement, he will swing from the hips, driving his right elbow into his attacker's stomach.
- ▶ Follow through with a back head butt or a foot stamp.
- ▶ Once free, he will kick, break and run.

Most normal attacks will start from the front. If the spy is quick and recognizes that he is about to be attacked, he can take the following actions before he is held:

- ▶ Go into fighting stance.
- ▶ Block with his left arm and punch or chin jab with his right hand.
- ▶ Continue through the motion. Push back his attacker's head to unbalance him.
- ▶ Make sure that he is well balanced before he brings his knee up into the attacker's groin.
- ▶ Try to avoid the attacker holding on to him or any part of his clothing.
- ▶ Once free, he will kick, break and run.

An attacker may grab the spy around the throat using both of his hands in a strangle hold. He will generally force the spy to the ground maintaining this hold. If possible, the spy will try to relax; the strangle hold on him will not be as effective. Should he find himself threatened in this manner, he will take the following action:

- ▶ In the early stages, when his attacker has just gripped, he will bring his right hand, fist clenched, up to his left shoulder.
- ▶ With a backward swing, he will drive a back-fist against his attacker's temple (see devastating blow).
- ▶ If this is not successful, he will link fingers together between him and his attacker.
- ▶ He will raise his clenched arms in an "A" above his head and then drive them down, maintain the "A" by keeping his elbows lower than his hands.
- ▶ This will have the effect of either breaking the attacker's hold or, at worst, bringing his head forward.

- ▶ The spy will snap his forehead down on his attacker's nose as he brings his linked arms down.
- ▶ This procedure can be used either standing or lying down on the ground.

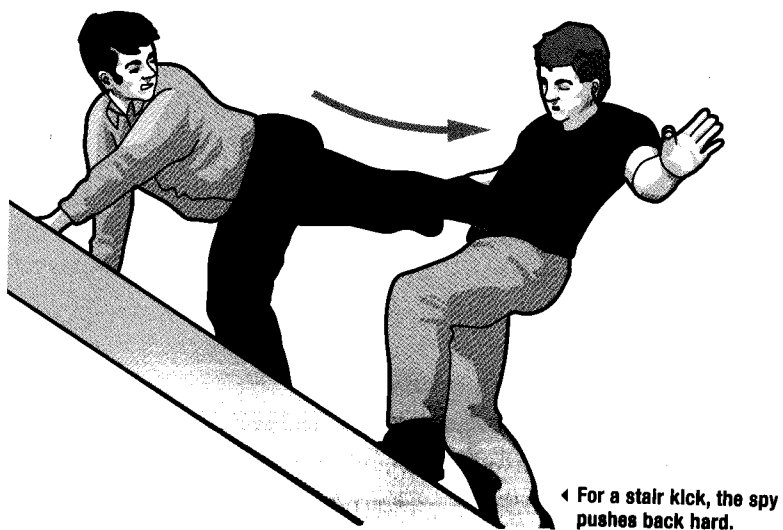
KICKING

Learning to kick properly is not something that many non-spies bother to study, but ask any martial arts expert or a Thai boxer and they will advocate the advantages of giving an attacker a good kick. Spies know that legs are much stronger than arms and they can deliver a really powerful attack. The secret is to keep kicks low; unless a spy has a clear line to an attacker's testicles, he will never kick above knee height. If he does, he puts himself off balance and possibly allows his attacker to grab his leg, at which time he will have control over him. Direct kicks to the side of the ankle or to the front of the knee produce good results.

STEPS AND STAIRS

Sometimes the spy will be attacked on, or near, steps or stairs. If he is being chased or forced up a flight of steps, he may carry out the following:

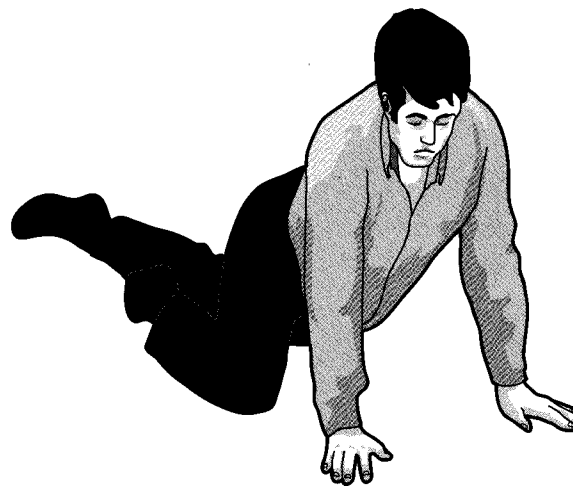
- ▶ Get in front of his attacker.
- ▶ Wait until he is near the top, then bend down and grip the top step or handrail.



- ▶ As he leans forward he will bend his knee and then kick back with his foot. The hit will be around chest height; using this, a spy will try to knock his attacker down the stairs. He will chase after him and continue kicking until he can make good his escape.

GETTING UP FROM THE GROUND

Learning the art of falling is almost as important as staying upright, and the chances are that at some stage during a conflict a spy will get knocked to the ground. Therefore, it is something that he needs to practise. Falling in the gym is vastly different from being thrown onto the road or rough ground. Once down the spy becomes vulnerable, but not helpless. It is possible to fight from the ground, but the spy will try to get up as soon as possible.



This is the method to use to get up from the ground. All moves should be made in one continuous roll of the body:

- ▶ Turn over sharply onto the left side, with stomach facing downwards.
- ▶ Place both palms on the ground and push. At the same time, the right knee should be tucked under the body.
- ▶ The left leg is swung under the body until the foot is flat on the ground.
- ▶ From there, the spy can spring up and face his attacker.
- ▶ He will adopt the on-guard position.

The following method appears in a lot of movies, but with a little practice it will work:

- ▶ The spy will roll onto his back.
- ▶ He will bring his knees up to his chest and over his head in a rocking motion.
- ▶ He will rock forward using a rolling action.
- ▶ Favour either left or right hand he will place his palm down to spring back onto his feet.
- ▶ He will face his attacker.
- ▶ Then adopt the on-guard position.

DEFENDING AGAINST WEAPONS

Guns, knives and machetes are all very dangerous weapons; in most close-range attacks, they will cause serious injury, or even kill. In the event of a robbery, most people give up their possessions without any fuss. A suspected spy, however, may have little choice other than to defend himself. In truth, unless he is fully trained and confident in dealing with such situations, his chances of survival are slim.

It is very difficult to offer any defence against a person who is holding a gun: the spy has to assume that they will use it. An automatic pistol normally has a magazine that contains a certain number of bullets. The magazine needs to be in the pistol; it normally fits inside the handgrip. Once in position, a bullet has to be fed into the chamber of the barrel. This is done when the top slide is pulled back, cocking the pistol. At this stage, providing the safety catch is off, the weapon will fire if the trigger is pulled.

A revolver is different in as much as it houses its bullets in a round cylinder. When the trigger is pulled, a bullet is fired and the cylinder moves one place to the right, pulling a new bullet under the hammer ready to be fired.

There are techniques for disarming a person who is holding a gun on a spy, but these take years of practice and even then there is no guarantee they will work. If the spy is being threatened with a gun, and his death – or the death of another – looks imminent, he will think about the following:

- ▶ He will assess the person holding the gun. Could he take him if he was unarmed?
- ▶ Assess his actions. How close does he come? (A professional will keep out of striking range.)

- ▶ Look at the weapon. Is it an automatic or a revolver? Is the firing hammer cocked back?
- ▶ Is the safety catch in the on or off position?

With the gunman standing in front of the spy while his hands are in the air, a straightforward downward snatch at the gun with both hands may work. Once the spy has hold of the gun, he will grip it for all he is worth, using both hands to twist the gun away from him and towards his attacker. He will think twice before pulling the trigger. Given that he has good leverage on the barrel of the weapon, he may be able to wrestle it from his attacker's hands. If he gets hold of the weapon, or if it falls free, he will kick it or throw it out of range and continue the fight on a more even basis.

Both automatic pistols and revolvers will only fire a bullet that is in the chamber, immediately under the hammer. It is possible to prevent a second bullet being fired by holding the top slide of an automatic pistol or by gripping the cylinder of a revolver.

If the gunman has his weapon pressed into the spy's back and he is standing still, the spy will try twisting his body around suddenly when he feels the weapon pressed in hard. He will try a back-fist blow to block the attacker's weapon hand and follow through with a really aggressive action. He will grip and hold the weapon hand to stop the attacker from firing the gun. He will remove the weapon from his attacker's grip if possible.

If the spy manages to disarm his attacker temporarily, he will pick up the weapon. If he is unable to do this, he'll put some distance between himself and the gunman. Even 20 metres will suffice; it is almost impossible to hit a running man at this distance with a pistol. He will zigzag as he runs. He will not stop even if he feels a bullet hit; if it is serious, he will go down anyway. He will put at least 50 metres between himself and the gunman; the attacker's aim may not be very good, but a lucky bullet can still kill.



A SHOOTING CHANCE

Having been shot twice myself, I know that the immediate effect is one of numbness, although it is still possible to operate. However, some 70 per cent of all bullet wounds occur on the limbs or on other non-fatal parts of the body.

FULL AUTOMATIC WEAPONS



◀ Little can be done against fully automatic weapons.

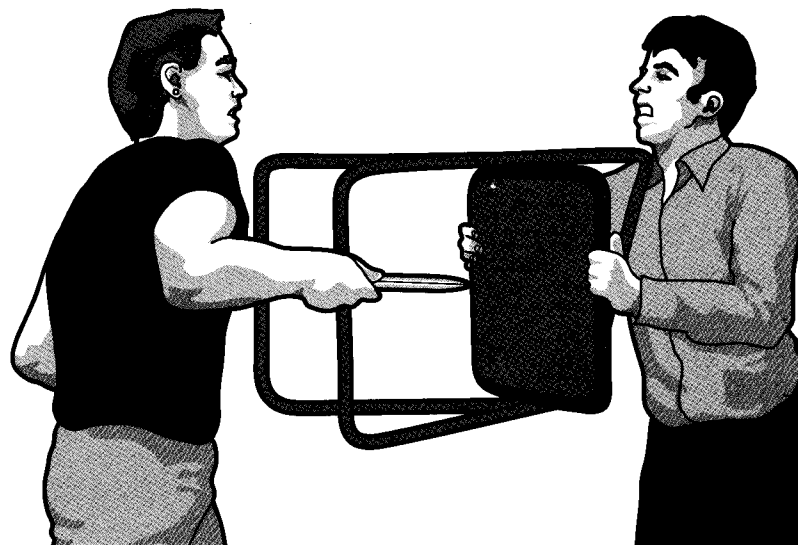
By nature, spies often operate in areas that are termed “unstable”, that is to say areas in which there is some degree of violence. It is a sad fact of life that such areas are also flooded with automatic weapons. In most cases, these weapons are used by untrained and undisciplined people, many of whom are little more than children. Automatic weapons are used in war zones, for serious crimes, such as drugs and terrorist activities.

If a spy is confronted by anyone with an automatic weapon, he will do exactly what they say. The only true defence against an automatic weapon is to be armed and to shoot first.

KNIFE ATTACK

There are two types of knife attack. The first is committed by someone who is in dispute and a knife happens to be handy. This type of person is not likely to stab or cut, but will intend to use the knife in a threatening manner. This can be a good stage for the spy to call a halt to the conflict, by convincing the attacker of the consequences if they stabs him. This may not work, but people who are not used to fighting with a knife will sometimes listen to reason. In some instances, the attacker may use a knife to equal the odds, as he sees it, against a larger or more aggressive

opponent. In this case, the spy will let the aggressor know exactly what he will do with the knife if he gets hold of it. Most will back down.



▲ The spy using a chair to stave off a knife attack.

The degree of threat is related to the weapon and to the skill of the person using it. If a spy is involved in a conflict with a person who normally carries a knife, he may well back down. He will try to avoid the situation and run away if he can. Knives can – and often do – kill; if he is forced to fight, he will carry out the following:

- ▶ Look for a blocking object, such as a chair.
- ▶ Get some protection around one arm, such as a jacket or a coat.
- ▶ Stay away from the knife if the attacker is slashing.
- ▶ If he is using a stabbing action, take the blade on a padded arm.
- ▶ Use a stick, a broom or an umbrella to parry the knife hand.
- ▶ He will not try to kick the knife hand, but go for the lower legs.

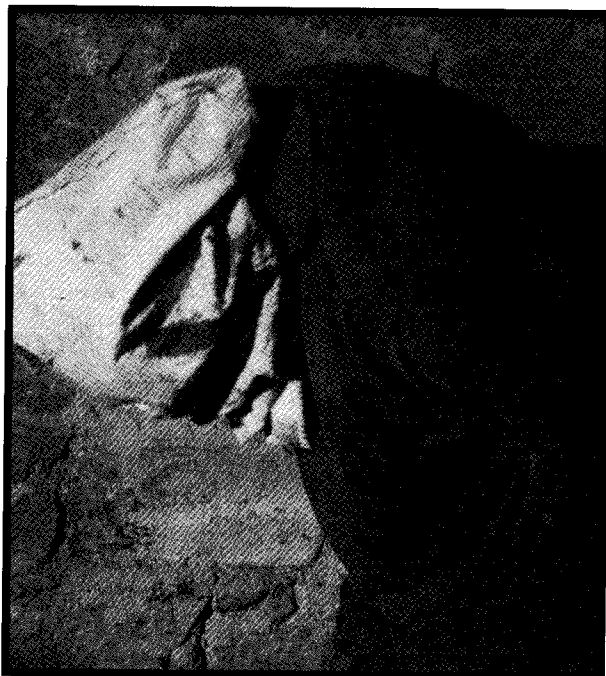
CAPTURED

A modern spy operating in a hostile area faces the possibility of death or capture on a daily basis. Getting killed is a simple risk of intelligence work; getting captured is one of those unavoidable acts of war. Where men and

women are sent to spy in enemy territory, the risk of capture is ever present. Although capture is sometimes inevitable, it should be remembered that, if there is even the slightest chance of avoiding this fate, then that opportunity must be seized.

The spy will never go enter into a hostile environment without some form of back-up or hot extraction plan. He will make sure his route in and out of the country are clearly marked. If he has communications, he'll check that they are working. Better still, he'll wear a hidden alerter that will transmit location. This will be hidden in clothing that the enemy is unlikely to take, e.g. shorts. It will be activated before his hands are tied if possible.

If caught, the spy cannot expect anything other than total hostility from his captors. While a soldier is protected by the Geneva Convention – the rules of which govern the treatment of POWs – more often than not the spy is on his own.



◀ Being captured, means pain and possibly death.

Various factors will determine the spy's fate and his treatment will depend on the organization that eventually captures him. If his captors come from a radical religious sect, he will be of little use to them, other than as a means of demonstrating their religious zeal. Examples of this

have recently been seen in Iraq where several captives have been beheaded. If, on the other hand, he is taken by the intelligence agencies of another country, he may well survive. Even if the spy survives, he must be prepared to encounter some hostility and torture, the intensity of which will vary from case to case.

THE ADVANTAGE OF AN EARLY ESCAPE

It is a recognized fact that more opportunities for escape exist during the first few hours of capture. Primarily, the spy will be closer to a familiar area. He will still be fit and may have items that will aid his escape about his person. The longer he waits, the deeper into enemy held territory he will be taken and the stronger will become his bonds.

If his captors have not blindfolded him, he should watch out for the opportunity to escape during transit. He will stay alert and take advantage of diversions such as road blocks or other stops. Even if escape is not immediately obvious, the spy should note his whereabouts and collect any useful items that may aid his escape at a later date.

If he does escape and manages to get free, he will do everything to stay free. If he is still in possession of his alerter, but has been unable to activate it – he will activate it.

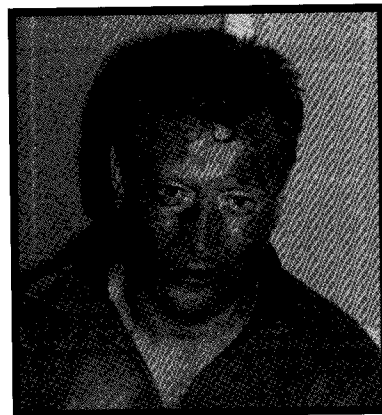
THE PSYCHOLOGICAL EFFECTS OF CAPTURE

Even with the amount of sophisticated technology available today, just because the friendly forces can see the spy does not mean they are at liberty to come and get him. If he is captured, or if he is surviving alone for any length of time, without the promise of imminent rescue, various psychological factors will come into play and it is important to understand just how potent these can be.

It is a sad fact that man's psychological reactions to disaster or danger often make him unable to make the best use of his available resources. The spy's first step must, therefore, be to control and direct his own reactions to the current situation. These reactions include pain, fatigue, boredom, loneliness, and the effects of heat and cold, thirst and hunger. Either separately or in combination, they work to induce fear in the individual. Everyone has had some experience of all of them, but very few people have experienced them to the degree of that suffered by a captured spy. Recognizing these psychological factors and understanding how they affect survival prospects are the first important steps to ensuring survival.

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TORTURE



◀ ▲ Modern torture techniques can be horrific and include at least a beating.

It is difficult for anyone who has not undergone torture to understand fully the extent of physical pain that can be inflicted upon a human body. Throughout the ages, man has tortured man, normally to extract information or to get a confession, but sometimes purely to satisfy the delight of the torturer. Hot metal has been used to burn or blind people, rocks have been placed on top of people to slowly crush them. During the Middle Ages, the rack was used to stretch people, resulting in unbelievable pain. Yet few of these come close to producing the degree of pain that can be delivered by modern standards. In addition to inflicting pain, most modern torture chambers employ doctors to help prolong not only the life of the prisoner but also extend the amount of pain the prisoner has to suffer.

Note: Torture is obviously illegal throughout the world, but nevertheless it is still carried out in many places.

A very successful form of torture involved dripping water on to a prisoner's head for days at a time. This rendered the prisoner susceptible to questioning. Another method using water is to cover the prisoner's head with a wet pillowcase – this caused the prisoner's mouth to be forced open, gasping for air.

The tools of choice for modern torture seem to be electric DIY tools. There is a horrific degree of pain that domestic tools can produce if they

are used on the human body. However, such devices leave telltale signs that, if the prisoner is ever released, lead to accusations by organizations such as Amnesty International – a body with a powerful lobby.

Hence the use of electro-shock devices is much more common, as they leave little or no external evidence.

Electric shocks have been widely used for torture for several decades, but they were perfected during the Second World War by the Germans. To date, Amnesty International has documented the use of electro-shock torture on men, women and children in over 50 countries during the 1990s.

The devices range from cattle prods to state-of-the-art stun guns, the most modern of which are capable of inflicting temporary incapacity or inflicting horrendous pain. The shocks can be applied to moist areas of the body, such as the armpits, the abdomen or inside the legs. Reports have been verified that electro-shocks have even been put inside the mouth, on genitals and inside the vagina and rectum. While short-term application leaves little physical scarring, the long-term effect can lead to permanent mental disorders or heart failure.

PAIN

Pain is a natural occurrence; a normal way of making you pay attention to something that is wrong with your body. However, nature and mental strength also makes it possible to hold off pain for extended periods of time. The simple answer is for the spy to concentrate his thoughts on the pain itself. He will analyse where it hurts worst and try to calculate its severity. It is possible to make pain more bearable in this way. If, on the other hand, he does not attempt to combat it, the pain will weaken his drive to survive. Pain demands a special effort of thought and a will towards both optimism and mental activity. However, his body can only take so much pain before it automatically activates the "off" switch and he falls into unconsciousness.

COLD

This poses a far greater enemy to the prisoner than one would assume. The obvious threat posed by cold is the physical damage that it can inflict, but it is far more insidious than that. It numbs the mind as well as the body. It weakens the will and reduces the ability to think clearly. It can do this in such gentle stages that a positive attitude to resist it is essential before it takes effect.

HEAT

Because many of today's conflicts take place in the Middle East, many captives are forced to spend months in rooms that are little more than ovens. Dizziness, severe headaches and the inability to walk may result from the heat and emergency measures will need to be taken.

FATIGUE, BOREDOM AND ISOLATION

Fatigue arises from lack of hope or an absence of any real goal. It can build up from frustration, dissatisfaction or boredom. It may unconsciously be used as an avenue of escape from a reality that seems too difficult to contemplate. However, unknown reserves of strength can often be summoned if both the dangers and sources of fatigue are recognized and fought against. Boredom and isolation will all feed on the captive's mind. He is waiting and nothing is happening. His hopes and expectations have been dashed. He is alone night after night. He needs to estimate that it will take five years before he is released; anything else is a bonus. He needs to remind himself that they could have killed him. He will talk to himself if necessary and make plans for the future. He will talk about the future after his escape and devise problems to keep his mind exercised and occupied. Active, positive thinking leaves no room for boredom or loneliness and helps fight off fatigue. The captive should make a long-term escape plan, think it through and make it happen.

ESCAPE

The knowledge of how a spy can escape does not remove the pain, the boredom and the loneliness, but it is a catalyst that invigorates the prisoner's brain into some positive action. All prisoners are normally confined within one or more type of structure. These structures need to be analysed and a plan needs to be made to defeat them. The first problem to solve is how to get out. Should the spy go under, over or through? The answer lies in the confinement's structure.

WALLS

Walls fall into five basic types: brick, stone, block, timber and reinforced concrete. The spy must study his place of confinement and search for an avenue of escape. The spy will do this systematically; check the floors, the walls and the ceilings, he will check the plumbing and any electrical fittings.

He will study the guard's routine, such as when he delivers the meals, and check immediate surroundings if taken from the cell.



◀ The first brick is the hardest to remove.

More often than not buildings are constructed from bricks. Bricks are one of the easiest materials to break through. All brick walls get their strength from their bond. If the prisoner can break this bond he can break the wall.

The simplest method of doing this is to select the position where he wishes to exit. Starting at the middle, he can remove all the mortar from around a single brick. This is best done by continually scraping away at the mortar with a makeshift chisel. The process is likely to take a few days to complete. Therefore, work should only be carried out when the prisoner is isolated, with no guards present. Once the first brick is removed, the bond is effectively broken. However, he may have to remove several bricks before the rest are loose enough to be taken out by hand.



BREAKOUT

It may take days to remove the first brick completely. At the end of each session, the prisoner should collect all the powdered mortar scraped from between the bricks and wet it with water or urine and re-use the mortar to cover the work that he has done – adding soap to aid the rebinding. This should prevent any of the guards noticing what he has been up to. If possible, he will select an area that is obscured by some other object, a bed, for example. Floor dust against the wall will mask the work.

BLOCKS

Many of the buildings constructed in recent decades are built of large concrete blocks. These should be treated by the spy in exactly the same way as bricks, although they are more difficult to remove in one piece. However, there is an increased risk of breaking the block, especially those that are hollow internally. Walls constructed of single hollow blocks can be smashed through by a spy in a very short time using a homemade hammer and chisel. A short piece of steel pipe from the plumbing may also serve as an improvised sledgehammer. This is an excellent method of escape if noise is not a limiting factor.



◀ Blocks can be broken through if noise is not an issue.

STONE

Normally to be found in older buildings, stone walls are generally very difficult to penetrate because of their thickness. Although the same basic principle to escaping through brick walls is applied, it takes much longer to break through the several layers of different-sized stones. If the spy is in a room with stone walls, it is a good idea to examine the other openings in the room, in particular the windows and the doors. If the building is old, these may well have deteriorated to such an extent that they can be broken from their fixings.

TIMBER

Timber buildings, unless they are made of solid logs, do not pose a formidable problem. A length of metal piping, flattened at one end, can be inserted by the spy between the overlapping panels to force the timbers apart. In addition, panels with the nails removed can offer good escape holes.

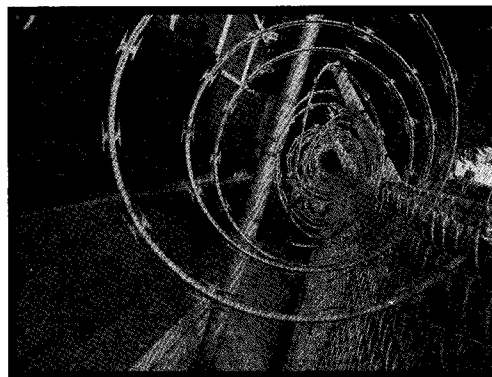
Escape via the roof of a wooden building should also be considered by the spy, as should the possibility of tunnelling, as some timber buildings are erected on a temporary basis and are placed directly onto earth foundations.

REINFORCED CONCRETE

Buildings made of reinforced concrete pose a major problem. However, these are normally only found in special buildings and in foundations, such as cellars. Escape through the walls is virtually impossible, so the spy will have to look for other means of escape, such as windows, doors, air vents or sewers.

FENCES

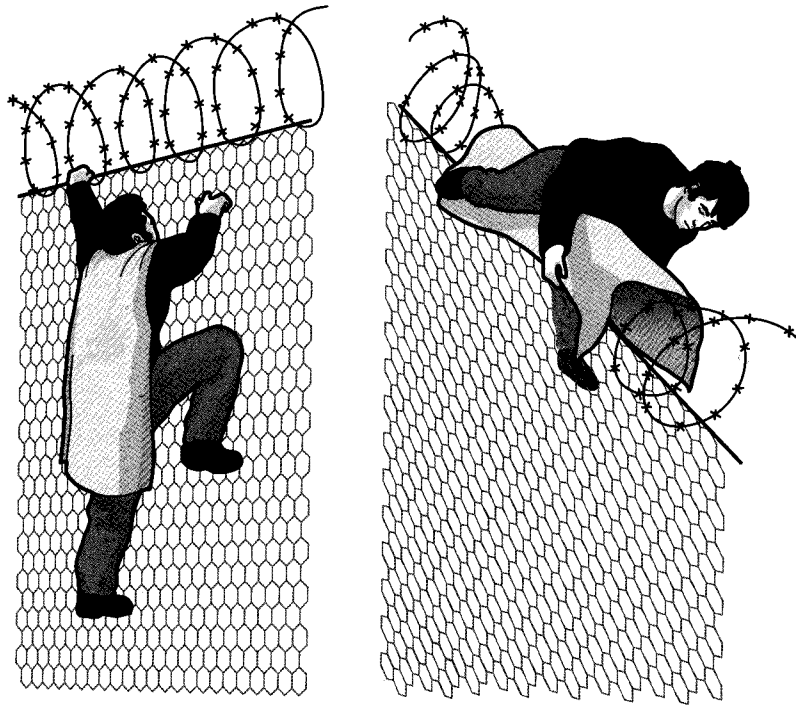
Fences come in several different forms, but for the spy, they are either used as a temporary enclosure measure or as a secondary perimeter barrier. All fences need to be meticulously studied to ascertain the wire type, the manufacturing construction and the thickness of the wire.



◀ Razor-wire.

Knowing how the wire has been constructed is vital, as some manufacturing methods will allow for a certain number of links to be cut in order to collapse a large section of fence. The thickness of the wire is also important, especially if the spy intends to cut the wire. The spy may also wish to climb the fence, in which case he must be sure that it will bear his weight. The type of wire will influence the spy's decision on how to tackle the fence. For example, if it is razor-wire, then the spy will require some padding if he intends to climb the fence. As with walls, he will study the problem and the construction before deciding on how to escape. Is it best to go over, under or through?

Most fences are made by weaving together metal links; cutting the links in a set pattern will reduce the number of cuts that have to be made and shorten the escape time. On the other hand, solid mesh metal fences such as the ones used in more modern prisons are best climbed, using some homemade claw grip. This is easy to make: the spy can heat a six-inch nail and drill it through a four-inch length of broom handle. When this is done and the nail is still warm, he can bend over the end 5 cm from the tip.



▲ A simple Batman cloak of tough material will get a prisoner over most wire fences.

Fences that can be climbed are often protected by a secondary barrier at the top, these can include razor wire, barbed wire and rolling drums. In the case of razor wire and barbed wire these can normally be crossed by employing the "Batman cloak". Any thick matting, such as carpet or heavy canvas can be fashioned into a Batman-type cloak, prior to climbing. The cloak will not normally get snagged as the spy climbs, and it is a simple matter of throwing it over his head and releasing it from his neck to achieve protection from the hazardous wire.



OVER THE TOP

If the spy is in a prison that is surrounded by a wire fence on top of which is a continuous stretch of drum-shaped tubing, he should forget going over the top. These drums were designed as a result of government tests on prison escapes. They make it literally impossible to climb over, as the drums rotate and, once activated, trigger an alarm.

ELECTRIC FENCES

Very few electric fences are used to house prisoners, but the spy should check if he is not sure. This is simply done by placing a small blade of grass against the fence, making sure he doesn't directly touch the fence with any part of his body. He will hold the blade of grass in his hand and touch the tip to the fence; if nothing is felt, he should advance the blade of grass on the fence and bring his hand closer to it. If, by the time his hand is within 3 cm of the fence, and he feels no tingling sensation, the fence is not live.

Note: On some modern installations, the fences are electrified by intermittent pulses. The pulse cycle may be short, with brief intervals between each one.

TUNNELS

Although tunnelling was a very popular means of escape during the Second World War, it relied on several factors: firstly, the number of prisoners required to dig and distribute the tunnelled earth and secondly, the time that tunnels took to construct. In modern warfare, this method of escape would still be possible, but because modern warfare tends to involve shorter conflicts, it would be best to use short tunnels under fences that can be dug by one person in a single night.

LOCK PICKING

During the Second World War many doors were opened using skeleton keys and by picking the locks. It is said that the prisoners in Colditz had roamed freely round the castle via this method of escape. The principle of picking locks is fairly basic and the tools required can be made easily or improvised; the problem lies in the skill. It can take many years to perfect