



Counter-Ambush Awareness

with Jeff Anderson for www.ModernCombatAndSurvival.com

1: Don't Get Locked Into Your Phone

You are vulnerable when staring into the device, fixing all your attention on it. Don't let your devices occupy you this way.

2: Keep Your Hands Free On The Phone

Keep your head on a swivel when you take calls while out and about. Use a hands-free device so you can defend yourself from attack.

3: Walk With Confidence

Remember, "If you look like food, you will be eaten." Keep your head up and look around to make it clear you are aware of your surroundings.

4: Walk As Close To The Road As Possible

Don't endanger yourself, but get as far from buildings and cover for attackers as you can.

5: Don't Take Corners Tightly

Take them wide to create reactionary gap space. You need time and distance.

6: Take Your Shopping Cart To Your Car

This leaves your hands free for self-defense; you simply let go of the cart to fight back.

7: Use A Flashlight All The Time

Use it preventively in all low-light situations. The light makes it clear you're aware.

8: Be Observant

In parking lots and when in and around other vehicles, pay attention to them and their occupants at all times.

9: Use Store And Car Windows As Mirrors

If you think someone is following you, reflective surfaces can give you intel as they pursue. This is also useful in gas station areas.

10: Duck Into Stores & Restaurants

See how someone reacts if you think they're following you and you duck into a store.

11: Check Their Pace; Quicken Yours

Duck around corners, speed up, and observe to see if pursuers change pace to follow.

12: Be Ready To Respond At All Times

Carry a legal weapon as a lifestyle choice and be prepared to respond decisively.

13: You Must Be Trained As Well As Armed

It's not enough just to be armed. You must be trained to use your weapon of choice, and you must have unarmed fight training as well.

14: Make And Hold Eye Contact

Predators don't want to be noticed and they don't want to be recognized. Making eye contact shows them you're aware of the possibility of attack and you might be able to identify them after the fact.

15: Put Your Hand Up And Say "Stop!"

Authoritatively demanding that the other person stop aggressing can be a powerful tool. It takes the element of surprise and also draws attention to your interaction with them.

Prepare. Train. Survive.