

MODERN COMBAT AND SURVIVAL

-Podcast Show Notes-

Episode 236

Summary:

In today's episode of *Modern Combat and Survival*, Jeff is joined by renowned championship mixed martial artist and ex-convict, Jermaine Andre, to discuss the mindset and tactics of today's most dangerous felons. They cover topics such as how to spot criminals out of a crowd, attack dynamics, and the best tactics to deal with being attacked.

Show Notes:

- Problems within prisons, including misinformation and conjecture.
- People underestimate the intelligence of prisoners
- Most people are unprepared to be attacked and are too reliant on protection from law enforcement
- Andre explains what criminals look for in targets
- He discusses the indicators used to recognize a dangerous criminal
- He warns to stay aware of your situation and safety
- Criminals are holding a lot of anger that they use as fuel to attack
- Most ex-convicts aren't in excellent cardiovascular shape, but they will attack fiercely
- Andre explains the best strategies to counteract an attack

3 Key Points:

1. Criminals are a lot more intelligent than people give them credit for.
2. Citizens need to stay aware of dangerous situations to protect themselves.
3. During an attack, try to stay calm and collected initially, but also don't be afraid to build on your emotion and adrenaline.

Tweetable Quotes:

- "If they're angry or upset and are getting ready to come to you, he'll go quiet." - Andre
- "If anything weird happens, don't get excited and show emotion. Be calm, look at where you're at..." - Andre
- "If you turn it on and become that animal, become that beast, that's gonna be the best chance you got right there." - Andre

Resources Mentioned:

- www.jermaineandremartialarts.com