



Episode #331 Show Notes  
Top Tactical Tips From 2020

## JEFF ANDERSON

[WWW.WARRIORLIFE.COM](http://WWW.WARRIORLIFE.COM)



Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, he went on to instruct hand-to-hand combat and weapons combat and eventually organized a unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants ([www.ISCQC.org](http://www.ISCQC.org)).

Jeff's work has been published in several magazines and expert blogs and his manuals and survival combat training DVDs have long been best-sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).



## BUCK GREENE

[WWW.WARRIORLIFE.COM](http://WWW.WARRIORLIFE.COM)

For many years Buck Greene has worked for *Warrior Life* Executive Director Jeff Anderson as a contributor to the ISCQC, then Modern Combat & Survival, then the lifestyle brand **Warrior Life**. He became a survivalist back in the 1980s. Over the years he has interviewed countless experts on self-defense, survival, and tactical training, while contributing to various print publications under a series of pseudonyms. For Buck, Warrior Life and its previous incarnations will always be his first, truest devotion in the fields of preparation, training, and survival. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](http://WWW.WARRIORLIFE.COM).

## Top Tactical Tips From 2020

with Jeff Anderson & Buck Greene from <https://www.WarriorLife.com/>

### Jeff's Self-Defense Tip:

With a “cover block,” rather than just covering your head with your hands and forearms, you can use your forearms as striking weapons.

- This creates space to fight back or get to your weapon.
- The technique comes from the Keisi Fighting Method, and you can learn more at <https://www.defencelab.com>.

### Jeff's Preparedness Tip:

I've learned a lot, and continue to learn, about the realities and the responses to a viral pandemic.

- Turkey Tail mushrooms can be used to boost immunity.
- A medicine nebulizer with 3% food-grade hydrogen peroxide and saline solution has demonstrated success in military research studies.
- Add a pulse oximeter to your medical kit to monitor your oxygen levels. If you drop below 92%, it's time to go to the hospital. Get a baseline reading too so you know your own “normal.”

### Jeff's Tactical Firearms Tip:

Train multiple skills at the same time to learn skills faster and remember them longer.

- I learned this from firearms expert Ox. [PraxisClass.com](https://www.PraxisClass.com) shows a demo of the system. This has definitely increased my tactical readiness and gunfight skills.

### Buck's Self-Defense Tip:

More people than ever before are getting charged with crimes after defending themselves legally and lawfully.

- This stresses how important it is to have a legal backup if you ever have to defend yourself and then go to court over it.
- Consider joining the [USCCA](https://www.uscca.org/) in order to get access to their education and legal defense programs.

### Buck's Preparedness Tip:

I've learned to break free of the “Rambo knife” paradigm when it comes to survival and preparedness.

- I use my favorite [5-in-1 survival](#) knife as a backup utility blade now.
- A machete is a much more versatile survival tool and weapon. Your survival kit should definitely include one of these.

### Buck's Tactical Firearms Tip:

Airsoft and dry fire training have become a staple of at-home training during the pandemic, and also for training when ammo is scarce.

- The problem with a lot of airsoft guns is that they're not very accurate.
- Find a licensed airsoft pistol that matches the gun manufacturer's specific gun model. These are usually more realistic, with controls that work like the real thing.
- More and more gun companies are offering airsoft versions of their pistols. They're excellent, realistic training tools.

**NOTE:** *This is an automatically generated transcript produced by our podcast platform. Much like automated captions, there are bound to be some oddities when the robot doing the transcribing didn't understand. We hope you find it helpful anyway.*