



MEMBERS UPDATE

April, 2018

Lost in the National Park... **PART II**

The Ultimate Companion for Your Sidearm

12 Self-Defense Tactics for Everyone

Top 10 Concealed Carry Holsters



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CONTENT



02

Lost in the Park: Part II

The vast wilderness areas that make our National Parks such natural treasures can also make them the scene of some truly remarkable survival stories. With miles and miles of barely charted backcountry, it's no wonder modern travelers can quickly get in over their heads.



07

The Ultimate Sidearm Companion

Which piece of tactical hardware reigns supreme in a home defense setting: the laser or the light? We'll unpack the ongoing debate between the laser fanatics and rail light groupies so you don't have to. Plus, we'll give you the inside scoop on how to settle it once and for all.



12

12 Self-Defense Tactics for Everyone

We're firm believers that solid self-defense tactics should work for anyone, not just martial arts experts. In fact, thousands of man-hours have gone into developing techniques that can work for everyone, whether you're a Navy SEAL or a retired schoolteacher.



18

Top 10 Concealed Carry Holsters

If you plan to conceal a hunk of polymer and steel somewhere on your person every single day, you'd better make sure you have a holster that fits like a glove. Even better, think of it like a pair of shoes, so comfy and snug you can wear them day in and day out.

LOST IN THE PARK, PART II: 3 MORE STORIES OF SURVIVAL IN U.S. NATIONAL AND STATE PARKS

Photo by NPS.gov



You may have noticed that we've been on a survival stories kick lately, and with good reason. These tales inspire us by showcasing the strength of the human spirit. They also highlight how many factors we each directly contribute to in terms of living or dying during an emergency situation.

National Parks, as we pointed out in our last issue, are beautiful, but can be very deadly. The harsh reality is that any space as large as a National or State Park is easy to get lost in. And when that happens, it often turns into a huge problem very quickly.

Because there are so many documented cases of people surviving against great odds while lost in a U.S. National or State Park, we've decided to expand the initial feature article into a series. Here's part two!

CATHY FRYE'S 5-DAY ENDURANCE TEST IN BIG BEND NATIONAL PARK



2 Cathy Frye and her husband, Rick McFarland, solidified their relationship via a mutual love for National and State Parks. The couple was even married in Big Bend National Park. It's no wonder that they later decided to take a hike through that area and the bordering Big Bend Ranch State Park.

With their shared love and experience, hiking those trails had always been relatively easy. Unfortunately, their good fortune ran out in 2013, and the ensuing five-day endurance test almost claimed Cathy's life.

Cathy is a journalist by trade, which means that she was trained to keep a cool, level head during dangerous or highly emotional situations. That may be one of the reasons she was able to survive getting lost.

DAY ONE

The married couple parked near the trailhead on October 2, 2013. They had eight bottles of water and two canteens with them, along with some bananas and granola bars. The hike seemed ideal at first, but it quickly turned rough as they slid and skidded down a very steep and rocky decline.

Once that experience was behind them, they turned the wrong way. Fortunately, they figured it out in time to reroute and soon found a ranch with a parked Jeep. No one was nearby, but a Jeep meant someone would be returning sooner or later.

Cathy was exhausted by this point. The sun scorched the ground with temperatures exceeding 90 degrees Fahrenheit. Three bottles of water were gone, as was much of the water in their canteens. She declared that the two of them should just wait for the Jeep owners as she knew she couldn't hike back up the way they'd come down.

Rick had different plans, though. He consulted with the trail map and declared they were about halfway through the loop. All they had to do was keep going around the loop and they'd make it out on their own, he reasoned.

Cathy agreed, but the ensuing hours of walking and the intense heat were brutal. Their canteens ran dry. They kept losing the trail. And at 8 p.m. that night, they discovered the edge of a canyon. They were lost after hiking 8-1/2 miles, and this drove them to shout for help. Sadly, no one was within hearing distance.

They had a cellphone with them, but it had no signal. They had no choice but to spend the night in the wilderness and try again in the morning.



DAY TWO

With the sun's light came the knowledge that they were completely out of water and still hopelessly lost. The map gave them hope once again, though, as they saw what they did wrong. If they got back on track, they could reach the trailhead in five miles.

At first, everything seemed to be going according to plan. But then they started missing trail markers again and spent a lot of time hiking back and forth in pursuit of the trail. After four more hours, they decided to take a break and found some shelter from the sun. They also attempted to drink cactus juice. It was disgusting and needles got stuck in Cathy's cheeks, tongue, and lips, but it provided some much-needed moisture.

Several hours later, the couple decided it was time to get moving again. Then, a miracle happened – they found a small spring hidden by cottonwood trees. After rehydrating and filling their canteens again, they chose this spot to spend the night.

SURVIVAL TIP – Wherever you find cottonwoods, you'll also find a source of water.

DAY THREE

The next morning, they knew they had to move on. They'd already almost drained the small spring, and they were weak from hunger. Just like before, the two found the trail and then lost it again. At this point, Rick angrily pointed in the direction of where he believed their vehicle was parked. A new decision was made; they abandoned their current trail in search of the one that would definitely lead them home.

This was a good plan, but it backfired when they stumbled past the trail they were seeking. After a few

from hunger, Cathy sat down beneath a small tree and declared she could go no farther.

Rick struggled with the best course of action to take. Should he stay with his wife and hope someone would find them? Or should he wander off in the hopes of finding help before he succumbed to the elements? And if he did leave, would he ever be able to find Cathy again?

The two only had one swallow of water each left in their canteens when Rick decided to head out in search of assistance. Cathy drank the rest of her water a few hours later as Rick struggled against the harsh environment. He was fatigued, dehydrated, and starving. He had no idea if he was even going in the right direction. He almost gave up, but his love for Cathy kept him moving.

When everything seemed bleakest, Rick saw the sweetest sight of his life – the reflection of sunlight off of his vehicle. It took another mile of hiking, followed by driving to the park's headquarters, but Rick found help. Severely weakened, Rick remained in the headquarters building while the assistant park superintendent went to look for Cathy.

Two hours later, the man returned alone. He called the Texas Department of Public Safety to assist in the search, and they sent out a helicopter to scour the area. Cathy saw that copter, but despite her efforts to capture attention, the people inside it never saw her as they flew right past her.

DAY FOUR



Night passed into morning again, and it was day four of Cathy's ordeal. She'd become so emaciated and dehydrated that her wedding ring slipped off of her finger. It was never found again, and she feared the same was going to happen to her.

Cathy began to hallucinate. Her organs started shutting down. Meanwhile, Rick had plunged back into the park with a small search team. They looked throughout the fourth day, but Rick couldn't retrace his steps. Cathy was alone for another night.

DAY FIVE

When dawn broke on day five, a team of 40 people went back into the park. They no longer believed this was a rescue mission, though, and therefore left Rick behind at park headquarters. The searchers looked for hours, constantly yelling for Cathy. Finally, they came within hearing distance and she shouted, "Help! Help me!"

Shocked, two members of the search party alerted others that they'd found Cathy and she was still alive. She'd deteriorated so much that she was babbling, looked feral, and kept shivering, but she'd made it. After being reassured that her husband was still alive too, they got Cathy to a nearby hospital.

She'd been rescued, but her ordeal was far from over. Cathy was in acute renal failure. Her liver, lungs, and heart were damaged, and her muscle fibers were disintegrating. She was also covered in cactus spines. But she held on, and the medical team stabilized her.

Cathy still suffers some of the lingering after-effects of their hike. She made it out, though, and has shared her story as a cautionary tale for other hikers. Despite everything she went through, Cathy still believes that National and State Parks offer peace and solitude.

However, they need to be taken very seriously, and it's always best to follow your initial instincts. After all, if Cathy and Rick had simply waited by the Jeep on day one as Cathy had suggested, they probably could have avoided all of the ensuing heartache, pain, and lingering medical problems.

RESILIENT COUPLE SURVIVES AFTER FIVE DAYS LOST IN GRAND CANYON NATIONAL PARK



The Grand Canyon is one of the most awe-inspiring places on Earth, but it's also one of the most dangerous places to get lost. Iris Faraklas and Alan Humphrey found this out the hard way in May 2008 when a planned six-day hike along a 45-mile route ended up leaving them in the park for a total of eleven days.

Think about that for a second, dear reader – if you got lost in the woods, would you have enough extra supplies to help you survive for almost double your original anticipated hike? For most people, the answer is no, and that's a big part of the problem. We can't stress enough how vital it is to always plan ahead and bring extra food and water with you.

Iris and Alan hailed from Salt Lake City, and they'd hiked in the Grand Canyon before. This was their first time traversing the Royal Arch route, though. Aware of the treacherousness of hiking in such a vast space, they took several useful precautions.

First and foremost, they developed their hiking plan after speaking to several people who had experienced the Royal Arch. Next, they set their itinerary, gave it to a friend, and made plans to meet up with some friends as soon as their hike ended. This provided a safety net and some critical information about their journey, but it wasn't enough to prevent five very dangerous days.

GETTING LOST

Sometimes, all it takes is one minor miscalculation to turn your entire life askew. The couple's extensive preparations weren't enough to prevent them from shooting past the correct exit route. After which, and unbeknownst to them, they tried to reach the rim from a different side-canyon.

It took a while, but they figured out they were lost. Even worse, they had no idea how to retrace their steps or how to find an alternate route to safety. At this point, the couple sat down to discuss their situation. What they did next is something every survivalist and hiker needs to hear.

THE MOMENTOUS DECISION

Most of the survival stories we've shared during the past few months have one thing in common: the people who ended up lost kept moving in the hopes of finding help. Iris and Alan bucked this trend because they didn't think this was their wisest option.

They knew that someone had their itinerary and their presence would be missed when they failed to show up at the appointed time and meeting place. They also knew that if they started wandering around, they would get even farther away from the Royal Arch, thereby impeding any search and rescue operations.

With only one day's worth of food left, they found a place to set up camp. Understanding how the rescue process usually works, they anticipated spending seven more days in the park. Rationing their food became priority number one. They were camping near a water source and underneath some shade, which they knew would help them preserve their energy.

The couple had already agreed to share equally in the decision-making process. Now they knew they'd need to take responsibility for each other's physical and mental well-being. Throughout the next five days, they stuck to this plan and helped each other get through the worst moments of hunger and despair.

Their plan was rewarded on day five when a rescue team found them, alive and mostly well. Neither Iris nor Alan suffered from any long-term effects. In fact, after getting a good night's sleep and eating a couple of meals, the two were mostly back to normal.

THE SURVIVALIST LESSON

As you can see, it's not always best to keep stubbornly pushing forward. This has been highlighted by the ordeal Cathy Frye faced and the relative ease with which Iris and Alan survived getting lost in the Grand Canyon.

If no one knows where you are or when to expect you, though, you're probably going to have no choice but to keep moving. By giving another person your itinerary, you can greatly improve your odds of survival if something goes wrong.

SIX DAYS IN JOSHUA TREE ALMOST CLAIMED THE LIVES OF TWO HIKERS



Hiking enthusiasts Mariya Mitkova and Aaron Morganstein lost their way in Joshua Tree National Park, and it caused them to wander for six days. The two had a car that was packed with water, food, and other supplies, but when they veered off course during an afternoon hike, they were separated from all of it.

Mariya and Aaron were expected to return to work on Monday, November 14, 2016. When neither of them showed up, their coworkers and friends became concerned. Although some people thought the two might be in Joshua Tree or the Imperial Sand Dunes, no one knew for sure what their plans had been or what area they might have explored for the weekend.

Six days of wandering with minimal water and food started with one simple mistake – they didn't properly anticipate how quickly the sun would go down. When

night fell, they couldn't see the necessary path and ended up wandering far off of it.

If you've been paying attention to the survival stories in this issue, you're probably shaking your head, and with good reason. As soon as the couple realized they couldn't see their return path, it would have been prudent to stay put. When morning came, there would have been enough light, and they probably could have reconnected with the trail. Unfortunately, that's not what happened.

A DANGEROUS DECISION



Their food soon ran out and their water supplies were dwindling. This is when they made the decision to start drinking urine, which they credit with saving their lives. However, as we've mentioned many times before, this was actually a terrible idea.

Here's the full scoop on drinking urine – When you're getting dehydrated, your body tries to conserve as much liquid as possible. Drinking urine is the equivalent of ingesting salt water in this situation. Additionally, people who drink urine run the very serious risk of damaging their bodies and suffering from other health related complications.

Let's say it one more time: if you're stranded somewhere, DON'T drink your own urine. The couple in this particular story alternated between urine and their meager water supply. If they had not had any water at all, it's highly likely their misadventure would have a very different ending.

TRYING TO CAPTURE ATTENTION

6 Helicopters went overhead a few times, but none

of the couple's efforts to get their attention did any good. They even started a fire that they later admitted was "big enough to be a criminal offense," but this didn't change anything.

Finally, they saw a red flashing light far in the distance. Although they didn't know what it was, this became their beacon of hope and gave them a direction to head in.

On their sixth day, they reached the light. It was a cellphone tower and was manned by a work crew. This tremendous good fortune helped them get rescued, and they only suffered from very minor injuries, even though they were starving and dehydrated.


The couple was treated and released quickly, and they both went back to work within a couple of days.



THE MAIN LESSONS OF THESE STORIES

There are a few things we hope you'll take away from these survival stories.

- 1.** Always tell someone your itinerary.
- 2.** Always stop and wait instead of wandering off if someone knows where you are (or if you see signs of other humans who may be able to help).
- 3.** Always take extra food and water with you.
- 4.** Never drink your own urine – it will hurt you far more than it will help.



The Ultimate Sidearm Companion: Light vs Laser

When it comes to home defense, it's safe to say that the vast majority of gun owners plan to confront trouble with their trusty sidearm. And why not?

Today's handguns pack a whole lot of value into a very small, potent, and even economical package. We've dedicated many words to that subject here at the NSRA.

No matter what type of weapon you've selected to defend your home turf, there's one glaring blind spot that goes unaccounted for. And it has as much to do with mounting an effective defense as it does protecting the safety of your loved ones.

This "blind spot," if you haven't guessed at this point, is a double entendre, what most of us call "the dark."

All wordplay aside, effectively using your home defense weapon in dark or even low-light conditions presents a number of challenges. And while the problem may seem self-explanatory, overcoming the challenge is more nuanced than it seems.

For starters, low light conditions are difficult to simulate at the gun range. Run an in-home simulation, however, you'll quickly learn how hard it is to get a good sight picture in a dim hallway or room.

Not only can you not see your target with clarity, you almost certainly won't be able to see your weapon's sights properly. Equally problematic is trying to accomplish these tasks while moving

through doorways and hallways. Many indoors scenarios don't allow the space or time to take a proper shooting stance. Focusing on your footwork and spatial relations will certainly distract from your ability to focus on your target or front sights.

And even if you could see your sights, you may not have the time or space to bring the weapon up to your line of sight in a rapidly developing situation. For example, imagine being rushed by a desperate intruder or rounding a corner to realize you're face-to-face with an armed burglar.

These are not pleasant things to think about. Yet, the more honest you can be about the advantages and disadvantages offered by your home's features, the better prepared you'll ultimately be. Does your home have a stairway? Does it have long hallways with very little natural light? Lots of possible entry points?

It's often been said that the majority of burglaries happen at night. This is actually incorrect. The vast majority of burglaries occur between the hours of 9am and 3pm (when people are likely to be at work).

Nevertheless, it doesn't have to be nighttime in order to be dark indoors. If you've ever lived in a house where the builder skimped on windows, you know exactly what we mean. Add a poorly lit barn, detached garage, or storage shed on your property, and you have areas that may be dark 24/7.

The two main solutions are, of course, to use either a laser sight or a rail mounted flashlight to gain an advantage. While we're big proponents of doing something, rather than nothing at all, each of these accessories has its own potential drawbacks.

Let's take a look at the pros and cons of each of these rail-mounted "equalizers."

Laser Sights: Pros and Cons



We're no strangers to laser sights here at the NSRA. The benefits of this tactical upgrade are obvious upon first use. However,

the enjoyment of focusing your attention on the bullseye and filling it with holes at the range is only a small part.

The tactical advantage of using a laser sight goes well beyond solving focus and accuracy issues. The sights were developed to serve law-enforcement and military purposes primarily, which they do quite well by helping shooters acquire targets faster, even in low light conditions or from unconventional shooting positions.

One of the unsung benefits is that lasers allow you to sight targets effectively without corrective lenses. If you wear contact lenses or glasses, then you know how much time it might take to get your lenses in place during a tense home invasion scenario. A laser sight can cut precious seconds off the clock.

Generally speaking, lasers offer a nice package of bumper bowling style benefits, many of which are really handy in a high stakes confrontation that few civilians are trained to handle.

Most of us can't expect to be as calm and collected as we'd like to be when the adrenaline is fully pumping. Let's just say that utilizing your best shooting technique is not likely. A laser can compensate for sight alignment issues, sloppy grip, unconventional stance, etc.

Here's another benefit we like: You can use the laser to intimidate an intruder. In a situation where you are issuing commands, the laser can be very persuasive.



In several documented confrontations, laser sights have actually caused home invaders to flee. Wouldn't you reconsider burglarizing a home if you saw that red beam flashing through a hallway in front of you? You may feel differently, but we'll take scaring an intruder away over having to shoot any day of the week.

Pros:

- Accuracy in low-light conditions
- Quicker target acquisition
- Flexible shooting positions
- Intimidation factor

Cons:

- Doesn't illuminate target
- No threat disabling features such as blinding strobe

Laser sights do help users compensate for a number of tricky variables, but obviously they're not a panacea. Laser sights allow you to acquire targets quickly, but they don't help identify targets. They also don't help you navigate through tricky passageways.

One factor that tactically minded users may be cautious of is the idea that a visible laser line will point right back to the user in a smoky or foggy environment. This is a factor that is hard to mitigate except by turning off your laser sight. On the other hand, if it's unlikely that you'll be using your laser in these types of conditions, a laser sight holds far more benefits than it does risks.

Now, let's dive into what there is to like about rail mounted lights.

Tactical Light



Rail mounted lights are something we highly recommend for any weapon that may be part of your home

defense plan. The reason is pretty obvious; if you can't see it, you can't shoot it.

Locating a target is one thing, and identifying it is quite another. A tactical light can make all the

difference in a tense confrontation. For starters, in a low light situation, a bright rail light will temporarily disable an adversary's night vision. Some of these lights even strobe to further disorient a threat's vision.

Then there's the threat assessment advantage provided by a rail light. Not only can you identify an intruder in the dark, you can use your light to determine if that intruder is armed, unarmed... or possibly even a neighbor suffering from some kind of dementia. Thus, a light can not only protect your life, but the lives of those around you.

Still, you may ask yourself why choose a weapon mounted light, rather than a more conventional tactical flashlight? There are several competing theories regarding tactical light sources. And while there are good points all around, we'll explain why they don't ultimately change our recommendation.



Some self-defense experts argue that a handheld flashlight is ideal. In some cases, they believe that an armed burglar

may simply shoot at a light source. This can be mitigated by using the FBI technique, i.e. holding your light up and away from your body, when using a handheld flashlight in this context.

Additionally, there's the argument that you don't want to have to point your weapon at someone in order to determine if they're a threat or not. Again, it could be a boogeyman or your teenage son sneaking home after curfew.

Even so, we highly recommend a weapon mounted light, in addition to a flashlight, as the case may be. That's because a weapon light frees up one hand to open doors, move items out of the way, or dial 911. A weapon light ensures that you have what you need all in one place.

You don't want to have to go searching for your misplaced flashlight. You want to cut your ready time as much as humanly possible and this is one variable you can eliminate.

Pros:

- Illuminates target

- Aids in low-light sighting
- Increases shoot/no shoot capability

Cons:

- Doesn't illuminate sights
- Gives position away

We've already discussed several arguments made against using a rail mounted light source. However, the vast majority of experts agree that the immense and critical benefits far more than outweigh any imaginary drawbacks.

Illuminating a threat puts users in a position of power, allowing them to assess and make clear decisions. That's never a bad thing, especially when it involves a firearm.

Not to mention, with practice you can even use your light's halo pattern to aim, similar to how you'd use a laser (although with far less precision).

CORRECT ANSWER: BOTH



In conclusion, neither of these solutions is foolproof, not even when combined into a single accessory like the MCG HellFire. But a simple and compact accessory like the HellFire gives you the benefit of both, allowing you to make your selections on the fly.

If for any reason you feel a laser or light may present a disadvantage, you can simply not use one, or either, of them. Yet, you retain the capability, even if you are carrying a conventional flashlight. You give yourself the ability to put down a flashlight, issue commands to a threat, and even talk to emergency services while maintaining a tactical advantage over a threat.

When your family's safety is at stake, it's hard to argue against giving yourself every possible advantage over an intruder. Locating threats and identifying threats, as well as laser fast target acquisition, could be that critical "stitch in time" that makes all the difference.

**Introducing:
The MCG HellFire Combat Sight!**

Over the past year, we've worked tirelessly with the folks at MyCrisisGear to develop products that help our readers shoot better, stay safe, and flat out have more fun at the range.

After teaming up to sell over 20,000 laser sights in 2017, we can tell you the one common question we had (just after "will this fit my gun?") was, "Do you have a green laser so I can see better in the daytime?"

As usual, our weapons expert, Sal, made it a personal quest to find the best, most durable, and ultra-powerful green tactical laser available. When he came back to us, he had added one modification: A powerful LED rail light.

After less than one hour of playing around with this new gun toy, everyone at the range agreed: This is the perfect accessory for gun owners dedicated to self-defense, home defense, and/or getting way more enjoyment out of their hobby.

THE HELLFIRE IS BUILT LIKE A TANK



You can count on it for years of use and durability.

It has smooth metal alloy switches so you never have to worry about catching your finger or your clothing on a sharp piece of metal.

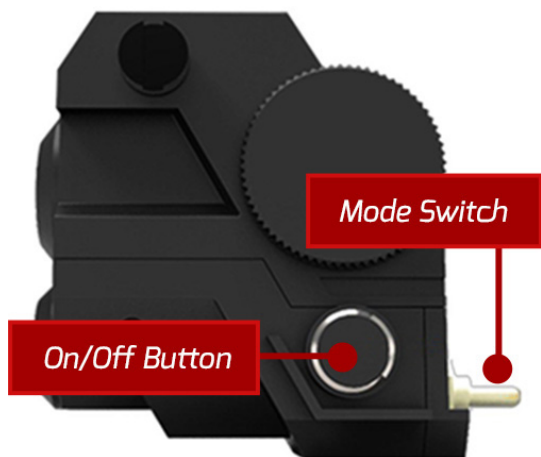
The switches are ambidextrous, too... so both right-handed and left-handed shooters can use it.

The Hellfire's unique switch design prevents short circuits and malfunctions... so you can count on it to work in almost any conditions.

IT'S MADE FROM A SPECIAL DUPONT POLYMER MATERIAL, SO IT FEELS LIGHT AS A FEATHER ON YOUR FIREARM.

You probably won't even know it's there. That is, until you switch on the mega-powered flashlight and the brightest green laser allowed by law.

TACTICAL LIGHTING FOR EVERY SCENARIO



SWITCH BETWEEN 4 TACTICAL MODES

- | | |
|----------------|----------------|
| Laser ● | Light ○ |
| Strobe Light ● | Laser+Light ○● |

The flashlight has both constant-on and strobe modes. The laser has a constant-on only mode.

That way you can use any combination of these modes based on your personal preference, with the flick of a switch.

WILL IT FIT YOUR GUN?

If you own a semiautomatic handgun with an accessory rail, you can install the MCG Hellfire in a matter of seconds. This includes, but isn't limited to:

- Smith & Wesson – M&P series
- Glock - Gen 3 and newer
- Springfield - XD Series
- Beretta - PX4, APX, Etc.
- Ruger - SR Series, Security 9, American Pistol
- Sig Sauer – P320, P226, P250
- CZ – SP-01, P-10, Shadow
- FN – Five-SeveN, 509, FNX

If you own a rifle or tactical shotgun with a Pictanny or Weaver scope rail mount, the HellFire will snap on like a hand in a glove. Of course, most tactical rifles have multiple rails available for accessories just like this, to help varmint hunters, tactical shooters, and even security personnel mount all sorts of devices.

Frankly, we suspect many law enforcement organizations to be on this like a hobo on a ham sandwich. These units are a ton of fun, but so very useful at the same time. After just a couple of months, it's really hard to imagine not having this on your home defense firearm.

We don't want you to have to choose between lights and lasers. That's why we've worked a special deal to get you the MCG HellFire combo for 40% OFF, just visit: Mycrisisgear.com/hellfire



12 Fail-Safe Self-Defense Techniques for Everyone from Granny to Navy SEALs



Photo by Pediasayert1

It doesn't matter if someone is young, old, female, male, well-bodied or handicapped, there's one thing we all need to know: basic self-defense. After all, every person on the planet is a potential victim of assault or robbery. Although some individuals have extensive training and can easily defend themselves, such as Navy SEALs, others are much more vulnerable to the evil whims of criminals.

For example, what would your grandmother do if someone assaulted her? In most cases, people who are highly vulnerable end up hurt or even dead. Sadly, this can happen in the heat of the moment even if the perpetrator wasn't originally intending to kill them. Therefore, it's critical to help highly vulnerable people learn the basic, most full-proof methods of self-defense so that they can survive a dangerous encounter.

12 We've compiled several tips to help you assist your vulnerable loved ones. Think you don't have anyone who needs these tips? Think again! Everyone can

use them, regardless of whether they're a handicapped grandparent or a trained Navy SEAL. Remember: the more knowledge you acquire, the more options you'll have when you're backed into a corner.

Sometimes, even someone with extensive martial arts training won't be able to pull out their best self-defense moves. Resorting to idiot-proof methods will help keep people safe until they have enough maneuvering room to truly defend themselves.

Wondering who's vulnerable in your life? Anyone who doesn't have self-defense training is high on the list, along with the elderly, women, and people with any type of physical, mental or emotional disability. Individuals who get winded walking across the room are also in a bad position if trouble comes calling.

1.

Reduce Your Risk of Needing Self-Defense



The best way to defend yourself is by not needing to defend yourself at all. If that sentence didn't make any sense, let's look at it another way: if you can avoid becoming a target, you'll never need to use self-defense techniques. For the elderly and other vulnerable people, this is by far the best route to take

So how do you avoid becoming the target of a criminal? There are several tips that will reduce your risk, including:

- Always keep your eyes up and walk with a sense of purpose.
- Don't go to places that are known to be unsafe.
- Don't venture out alone, especially at night or in new areas.
- Don't allow yourself to become distracted or to linger outside.
- Always lock your car doors as soon as you get inside.
- Stay in areas that are well-lit and avoid running errands after dark.
- Remain aware of your surroundings and move to safety if anyone seems suspicious.
- Have your keys in hand so that you can get into your vehicle or home quickly.
- Never trust a stranger enough to give them access to your home, car, purse, etc.

2.

Use Whatever's on Hand



What's always on hand when you're in public? The elderly often have a cane or a walker. Women frequently have a purse. All of these items have the potential to become useful weapons if a criminal attempts an assault.

For example, you can use a cane to block the other person's movements or to hit them in the arm, leg, or head. A heavy purse is perfect for slamming someone in the head, thereby enabling you to get away while the assailant is stunned. You can also let one key stick out between your knuckles to use as a makeshift knife during an emergency. There are even self-defense keychains like the one pictured nearby.

Are you trying to help an elderly or handicapped loved one learn how defense themselves? Consider signing them up for a cane self-defense course.



3.

Make it Extremely Inconvenient for the Assault to Continue

The assailant will most likely be stronger and more agile than their target, especially if they choose to attack a highly vulnerable person. Fortunately, there are a few items that can help level the playing field. Spraying mace or any other similar product into someone's face will instantly disable them, at



Photo by Sgt. Michael Cifuentes, Wiki CC

least for a few seconds. Other tricks of the self-defense trade include pressing a personal alarm, shining a flashlight in the perpetrator's eyes, and blowing a police whistle.

In most cases, criminals are looking for a prime opportunity to attack, take something they want, and flee with minimal issues. If you're able to make enough noise and/or make the assault more trouble than it's worth via techniques such as spraying mace in their eyes, they'll most likely give up and move on to easier prey.

4.

A Swift Kick (or Knee) to the Groin



Photo by Defense.gov

Kicking or kneeing an assailant in the groin is a classic self-defense move for a reason: it works. But do you know how to execute this move? The one thing many people get wrong (especially in the movies) is the idea that their foot should connect with the attacker's groin. What's better is to use your shin to hit them as hard as possible.

The best stance for this is to begin in a staggered position, with your dominant (kicking) foot behind you. Next, kick your leg upward and straight out while leaning backward from your waist to make sure you don't fall from lack of balance. Be sure to aim your kick directly between the attacker's legs and at their groin. While they're stunned, you can punch or push them over, then start running as fast as possible.

Is someone elderly or handicapped and physically incapable of this move? It can be emulated with a cane. Be sure to drive the cane at the attacker's groin with as much force as you can muster.

On a side note, kicking is better than kneeing someone, but you might not have enough room or leverage to kick. In that case, drive your knee as hard and fast as you can into the other person's groin, then shove them backward.

5.

Stopping an Outside Strike with Two Simple Moves



A common move from attackers is to punch, slap, or otherwise strike their target on the side of their head. This is very intimidating, but if you're prepared, you can use this move to your advantage. First, make a proper fist. In other words, DON'T tuck your thumb underneath your fingers.

Next, bring one arm up, slightly bent at the elbow, with your fingers out. Place it between the attacking hand or object and your face. Simultaneously make a fist with your other hand, and use this to hit them in one of their soft spots (throat, jaw, or nose).

Practicing this move will make it easier to execute properly and quickly. Your defensive arm will get hit, but this is much easier to deal with than being struck in the face.

6. Target their Knees

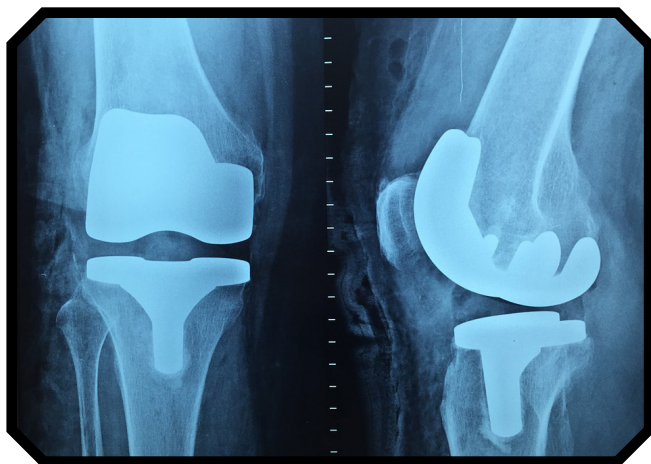


Photo by Andersonvr

Knees are much more sensitive than many people think, and they're also a lot harder to defend than a smaller area such as the face or even the groin. A move that anyone with enough flexibility to kick their leg out at knee height can do is simply kicking the attacker's knee with the sole of their foot with as much strength as possible.

This is going to make their knee buckle, which will make it practically impossible for them to chase you with any measurable level of speed. After your kick lands and their knee buckles, run as fast as you can.

7. Upward Palm Strike



Photo by Defense.gov

Most criminals make the mistake of being overly confident that their chosen victim won't be able to defend themselves. This cockiness leads to exploitable mistakes. For example, if they're facing you head on yet haven't incapacitated one of your arms, you can push them back with a simple upward palm strike.

Extend your arm out toward their face with your palm flat out. The idea is to smash your palm into their nose at a fast, upward angle. If this move is executed correctly, it will break their nose and be excruciatingly painful. Utilize their momentary lapse of forward motion to get away and call for help.

8. Utilize an Elbow Strike



Photo by Defense.gov

Have you ever punched someone? Most people are surprised at how painful it is. Even worse, it's often much less effective than you'd expect. To prevent hurting your hand and maybe not even doing yourself much good, it's important to learn how to do an elbow strike.

As the name implies, striking your opponent as hard as you can with your elbow should be your goal. There are many advantages to this over punching, including being able to land an impressive strike without needing as much distance as a punch. Additionally, your elbow is sharp, and it can cause more pain as a result.

If possible, aim for weak spots. The temple, nose, or throat are always best. If you hit the temple hard enough and with enough accuracy, you'll drop an attacker of any size. In some cases, you'll even kill them.

9.

How to Get Out of a Dangerous Bear Hug



The phrase ‘bear hug’ usually conjures up warm feelings or mental images of cute animals. When it comes to the world of criminals and assault, though, it takes on a completely different connotation. Whether the assailant grabs you in a bear hug from the front or the back, you do have a quick, relatively easy way to get out of their grasp.

As the attacker’s arms encircle you, change your center of gravity by squatting as fast as possible. This will almost always get you out of another person’s bear hug, and it may even give you the leverage necessary to rise back up, unhindered, with your elbow ready to land a defensive strike.

Even if someone gets the jump on you and you’re firmly in a bear hug before you can react, it’s still possible to use the element of surprise to get free by squatting down in a quick, fluid motion. At the same time, do your best to pull your arms to the center of your body and down with you. This will also help break the attacker’s hold on you.

10.

How to Get Out of a Deadly Rear Choke Hold

A choke hold is intimidating and can cause you to pass out (or worse). As soon as it happens, though, you have some steps you can take to turn the tables on your attacker.

First, lower your head so that you can bury your chin deep inside the crook of your assailant’s elbow. This allows your jaw to protect some of your most sensitive and delicate neck areas, including your carotid arteries.

Next, bring both of your hands up, grab onto the attacker’s elbow, and press inward on the elbow joint with as much force as you can muster. Whichever arm you’re grabbing will make a big difference in the next step. Let’s assume the individual has your neck wrapped up in their right arm.



Photo by Defense.gov

Spin the toes of your right foot (or left if the attacker is holding you with their left arm) outward. Slightly bend your left knee. Then pivot (kickoff) from your hips toward the right. You should complete a half-circle. Make sure you keep applying pressure to the attacker’s elbow.

At this point, you should be free of the choke hold and facing your attacker. If you want to take them down, maintain pressure on their elbow, but slide your left hand quickly down to the assailant’s wrist. As soon as you hit this mark, begin pushing the wrist downward. This should bend it backward behind them, putting the attacker in a very awkward and painful position.

Continue pushing with all of your might while pivoting your body into a stronger, more stable position. Your attacker will have no choice but to drop down to the ground, unless they want to allow you to destroy their rotator cuff and possibly break their wrist.



11.

Grab Their Ears and Pull!

Ears are extremely sensitive. The thought of them getting hurt is terrifying for most people, especially if there's a risk that they could lose their hearing.

We've all seen TV shows and movies depict people being led around by their ears. Even the toughest men generally aren't able to withstand this one simple movement, regardless of who is doing it to them. Therefore, if someone is attacking you and you can access one or both of their ears, grab them and pull down fiercely.

This action is virtually certain to catch your attacker off guard, and they're highly likely to recoil in an attempt to protect themselves. This may only last a split second, but it gives you an opportunity to get the upper hand long enough to land a secondary blow, preferably to one of their most sensitive areas such as their neck, nose, temple, or groin. You can also use the previously mentioned knee kick while they're off balance to make it easier to get away.

12.

Jam Your Thumb into Their Eyes

Eyes are even more sensitive than ears, so doing something to incapacitate one or both of them is a great way to get free of an attacker. The most common advice is to jam your thumbs into your assailant's eyes with extreme force. This isn't going to be pretty. In fact, it's going to feel awful, and

your hands. But would you rather be temporarily grossed out or dead?



Photo by Tim Morris, Wikimedia

If you can't jam your thumb into an eye, go for a finger poke. Yes, the Three Stooges were actually on to something; if you poke someone hard enough in the eye, you're going to take them down. In fact, eye pokes are frequently used during MMA fights to defeat opponents. Some of these fights have even been halted immediately after one of the fighters suffered from being poked in the eye.

The odds that the person attacking you will be as tough as an MMA fighter are very slim, so poke or jab your way to freedom.

Always Fight Back

Some believe that the best way to deal with an attack is to go dormant and hope it ends quickly. This may be the case if you're unarmed and someone has a gun pointed in your face or if there are multiple people against you. If it's a one-on-one physical altercation, though, you have to fight back to increase your odds of survival.

Whether you've been trained as a Navy SEAL, you're a grandmother, or you fall somewhere in between, fighting back can be much easier than expected. By following the tips listed above, you can effectively fight back and overcome your assailant.

Be sure to spread the word about these idiot-proof self-defense tips! It's especially important to share them with your highly vulnerable loved ones.

17 you're going to end up with lots of grossness on



10 HIGH QUALITY CONCEALED CARRY HOLSTERS

By Jeremy Hopper

Today, more and more people are getting interested in conceal carry. With better infrastructure and legal reciprocity than ever before, it's clear that lawmakers are listening to the millions of Americans interested in personal protection.

If you own a gun and intend to carry it concealed, then a holster to secure and protect the firearm, and to also prevent discharge, is virtually as important as the weapon itself.

A good holster also provides easier and quicker accessibility to your weapon. There are a lot of holster brands on the market, and searching for the right one might feel tedious and over the top. But again, it's hard to overstate the importance of your holster selection.

You must ensure that the holster you buy is comfortable enough to wear for long periods of time. Additionally, your holster needs to fit your CCW very snug and securely. A poor fit, with either you or your weapon, will make carrying a burden for you both mentally and physically.

The purpose of this article is to provide you with an overview of 10 of the most high quality concealed

sheet for which brands, materials, and designs work best with certain types of configurations.

Many of the candidates on this list are designed for a specific firearm, which may be one that you're not interested in carrying. However, it's often worth contacting the manufacturer. You never know, there may be a similar model available for your CCW of choice, or it may turn out that the same holster fits your weapon also.

One thing is for sure, it's worth the time and effort when it comes to researching CC holsters. If this is a practice you are serious about, then your holster is going to be riding along with you for many hours at a time. You really don't want to end up with an ill-fitting holster.



1.

RELENTLESS TACTICAL THE DEFENDER IWB HOLSTER

The Relentless Tactical the Defender IWB Holster is one of the best holsters on the market. This holster

is attached with a belt clip, and you can wear it in different positions to optimize comfortability. It is made out of genuine rawhide leather, but the quality of leather becomes soft with use. Also, it is an easy to use holster that is made in America. This holster can fit a wide variety of pistols, including the Ruger SP101, one of our favorite .357 Magnums.



2.

CYA: S&W M&P SHIELD 9/40 IWB HOLSTER

If durability is what you are looking for in a

holster, you can rest assured that the S&W M&P Shield 9/40 IWB Holster will not disappoint. This holster is made out of a synthetic sturdy material known as Boltaron, which is also comfortable to wear.

This holster features a waist clip attachment system that enables you to wear it in different positions, making it quite handy. However, this holster is only suitable for S&W M&P pistols. You should ensure to buy the right-handedness format as per your wearing needs.



3.

RELENTLESS TACTICAL THE ULTIMATE IWB HOLSTER

This holster is one of the best on the market because it can fit a variety of pistol brands and sizes. It is made out

of suede leather that makes it comfortable to wear. However, its material is extremely soft, and that makes it prone to tearing after constant use. You should probably buy this holster as a backup or as your first. It is easy to use, but you should buy the handedness that best suits you.



4.

CONCEALED CARRIER BELLY BAND HOLSTER

The Concealed Carrier Belly Band Holster is one of

the most resourceful holsters that you can find. Besides carrying your pistol, this holster features compartments for you to carry extra ammunition, money, and even your phone.

Interestingly, it allows you to carry any brand and size of pistol, and you can wear it in different positions for optimal comfortability. When buying this holster, however, you should know that loading the compartments with too much gear may cause it to not fit correctly.



5.

CONCEALMENT EXPRESS KYDEX IWB GUN HOLSTER

The Concealment Express KYDEX IWB Gun Holster is yet another ideal safety product for your

S&W M&P pistol. It is made out of sturdy material to make it last longer, and it has to be worn inside your waistband.

The KYDEX is one of the safest holsters because it produces an audible click when you holster your S&W M&P pistol. Apart from its durability, this holster is lightweight, which implies that you can use it on a daily basis with no pressure.

6.



Springfield XD SC

DTOM PREMIUM LEATHER UNIVERSAL IWB OR OWB AMBIDEXTROUS BELT SLIDE HOLSTER

This is one of the most versatile full grain leather holsters available

on the market. This holster is ambidextrous, and it allows options to carry outside using IWB or belt slits through a strong metal clip. Its belt clip is also adjustable to offer you a comfortable fit when you're using belt slots for OWB carry. Its high-quality leather can provide you with years of service, and it naturally expands to allow you to fit any size of weapon.



7.

BLACKHAWK SERPA CQC CONCEALMENT HOLSTER

The Blackhawk SERPA CQC is also one of the most suitable holsters that you can purchase to keep your pistol safe. It

has a patented Serpa lock that engages the trigger guard when you holster your pistol, and it doesn't let go until you release it, which is a very important safety feature. It also features paddle platforms, and it comes with both belt loops. More so, it has a full firing grip for draw and immediate retention when you are holstering.



8.

ALIEN GEAR HOLSTERS CLOAK TUCK 3.0 IWB HOLSTER

If you are looking for the best performance in

comfort and concealment, you should consider purchasing the Alien Gear Holsters Cloak Tuck 3.0 IWB Holster. This holster is meant to be placed inside your waistband, and it is made with formfitting neoprene and a flexible base.

It also features ballistic nylon and spring steel that allows you to securely holster your pistol. You can also adjust its belt clips for maximum comfort. In addition, its top surface is made of thermos-elastic polymer surface, Alien skin, which secures your pistol without damaging it.



9.

COMFORTAC: ULTIMATE BELLY BAND HOLSTER FOR CONCEALED CARRY

The belly band holster features a one size fits all neoprene material that stretches to fit up to a

44" belly. It is very soft and comfortable, and you can wear it against your skin. It is also elastic to fit a wide variety of pistols. This product is available in the right and left-hand draw, and it comes with a spare magazine pocket and an optional retention strap.



10.

XL ULTIMATE BELLY BAND HOLSTER

The XL ultimate belly band holster features a neoprene material that stretches up to a 54" belly, and it is also

soft and comfortable enough to wear against your skin. More so, you can place it in any position you want. Its elasticity allows you to fit a wide variety of pistols, and it is available in the left and right-hand draw. The manufacturer also provides you

with a spare magazine pocket and an optional use retention strap.

ALWAYS SAFE, ALWAYS READY

If you own a pistol, having a holster is necessary to provide you with quick access, to prevent discharge and loss, and to protect and hold your firearm.

There are numerous brands of concealed carry holsters, and before you buy one, you should make sure to review the features of each to find the one that best suits you.

Considering what this holster means to you in terms of safety, dependability and your ability to quickly access your weapon in a crisis, a thorough research effort is a small price to pay. The upshot is that you will end up with a holster that allows you to remain confidently and comfortably armed throughout your day.

Should a situation ever arise in which you need to pull your weapon, you'll have given yourself every advantage. Your concealed handgun will be right at your side, in its accessible, well-chosen holster, and not at home in the gun safe.



Tactical Laser Sight



No technical expertise required...
you will have the Tactical Laser Sight on within 45 seconds or less!

- Fits Any Gun With A Picatinny or Weaver Rail... Including Brands Like: S&W, Sig Sauer, Glock, Remington, Beretta, Rugers and many, many more
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