



MEMBERS UPDATE

May, 2019

HOW TO SURVIVE
A KNIFE FIGHT

Top 7 Backpack Guns

SHTF Entertainment: Top 10 Pastimes

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
- 100% shockproof and will stay zeroed in with each and every shot and is even weatherproof!




MY CRISIS GEAR

<https://mycrisisgear.com/laser>

800-370-8660

CONTENT



02

Top 7 Backpack Guns

Is it really necessary to own a firearm specifically designated to live inside a bug-out/hiking backpack? If you're talking to anyone here at NSRA headquarters, the answer is heck yeah! While the backpack gun concept may seem a bit eccentric, you may be surprised by the number of excellent offerings in this this very versatile category.



10

How to Survive a Knife Fight

It's an unpleasant thought, but given the prevalence of knives (both utility and pocket knives), chances are high that any violent encounter you face will feature at least one. Hopefully you're the one holding it. In this article, we share some tactics that will help you prevail in this type of encounter.



15

10 SHTF Pastimes

When things go wrong in a big way, entertainment becomes more important than ever. Just think about how important movies were to folks during the Great Depression. Here are 10 pastimes that will be both highly entertaining during a global meltdown and also down-right productive.

Top 7 Backpack Guns



Among the topics that are near and dear to the self-reliance community, there are several that are, how do we put this... highly “unique.” We’re not saying these concerns are invalid, far from it. But the fact is people who come from a different perspective have simply never pondered these things. They don’t have a “bug-out bag” at all, let alone a “backpack gun.”

Yes, the concept we’ll refer to as the “backpack gun” is something that even most firearms manufacturers have put very little thought into, or perhaps never even heard of at all. Yet, once you spend some time in the prepper end of the shooting sports world, you’ll quickly realize there is a demand for such a weapon. In fact, at least one manufacturer seems to have produced carbines that directly fit the mold.

So, let’s get to the definition. For our purposes, we define a backpack gun as a firearm that has both the dimensions to be carried inside a typical hiking daypack and has a functionality that allows it to be fully functional moments after deployment.

When we talk about the typical daypack, we’re assuming a maximum length of 20 inches, which is pretty dang small; i.e. the size most people are referring to when they say “backpack.”

Considering you are an NSRA member, chances are good that you own a more robust tactical or hiking



backpack that could extend your firearm options significantly. Still, we think a weapon that requires a full-on hiking backpack to conceal it really doesn’t qualify as a “backpack gun.”

Next, let’s talk about what we mean when we say fully functional moments after deployment. Obviously, a field-stripped MSR could become functional in a matter of moments, given enough practice at assembling the weapon quickly. Clearly, plenty of enthusiasts have perfected the art of taking down their weapons for cleaning and reassembling them rather quickly.

To be a backpack gun, the weapon must be completely concealed within a daypack in a functional state.



Why? This simply eliminates any confusion and/or debates about re-assembling a field-stripped firearm quickly and under duress. Imagine putting your AR back together while a bear is staring you down, for example.

To meet the NSRA's criteria for a "backpack gun," the weapon must be designed to be either fully functional in a backpack-sized configuration, or it must be a takedown or folding design.

Why You Definitely Need a Backpack Gun!



These backpack guns are handpicked precisely for their respective levels of tactical functionality and excellence, so it goes without saying that you need one. The question is, why?

Not to get overly philosophical on you, but the question "why?" is always at the heart of our equipment reviews. Often, it's simply because the return you get for your money is just so insanely good, that it would be foolish to pass it up.

3 The bang for your buck factor is clearly at play

in many of these selections, but there's a more fundamental concern present as well. Any longtime prepper understands the idea behind a "bug-out bag," also known as a "go bag" or "72-hour bag."

The idea is to have a bag (typically a backpack) loaded with essential supplies in the event that you get caught up in a sudden emergency scenario where you don't have time to pack. Think: mandatory evacuation, terrorist attack, wildfire, rioting, etc. Within that backpack, limited as it is in the space category, many NSRA members would opt to have a firearm for recreation, for protection, or for hunting.

Even if emergency preparedness is not a point of interest for you, tactical backpacks, complete with the most important tools, are an incredibly handy resource in your arsenal. If you're taking an overland 4X4 expedition, headed to the shooting range, or hiking in Alaska, you're going to want a firearm that's both highly portable, protected from dust and dirt, and probably concealable in a backpack.



Although we're not talking about a concealed carry weapon here, the ability to conceal your carbine or handgun when it's convenient is a very nice-to-have feature. Some people may be intimidated by a visible firearm, while others may be openly hostile. We always recommend avoiding unnecessary conflicts with passers-by, fellow hikers, or even law enforcement. That's why we say a good "backpack gun" must fit completely inside a normal sized backpack.

In essence, a good backpack gun needs to be both highly compact and extremely reliable. It needs to be a weapon that functions without a lot of babying or constant lubing and cleaning. But most of all, it can't simply be a weapon that sits in a bag for its entire useful life.

It has to be as good in your hands as it is in your tactical backpack. A great backpack gun is one that gives you this ability, while giving up nothing in terms of shootability and accuracy. It's a tall task, but these guns measure up.

Henry Survival AR-7



Sometimes, you've just got to begin at the beginning. There is no better example of a backpack gun on the market today than the Survival AR-7. Heck, it's even waterproof.

Let's start with the high points, then we can circle around to some of the disadvantages with the AR-7. For starters, the AR-7 is a completely self-contained rifle in which all metal parts can be housed inside the synthetic butt stock.



Once in its takedown configuration, the 16.5" package is both waterproof (as we mentioned), dustproof, and fits into a backpack perfectly. The original ArmaLite AR-7 Explorer, for which this rifle was named, was developed for US Air Force pilots who needed an extremely compact rifle in case they have to ditch in an extremely remote location.

Since the concept behind the AR-7 was to create the ideal "bug-out gun" from the start, this semiauto .22lr simply must come first in our list. It's extremely

user friendly and ridiculously accurate – particularly when you consider that it's a takedown gun. It also comes with a Picatinny rail up top for goodies and two 8-round magazines that fit into the self-contained compartment.



Now for the downsides, which aren't many. When it comes to re-assembling the AR-7, going from backpack to fully functioning firearm isn't among the simplest or quickest on this list. Additionally, the AR-7 is chambered in .22lr, which isn't the stoutest caliber for either hunting or self-defense. Again, these aren't exactly design flaws, but limitations in the backpack gun category.

Overall, the AR-7 is a pretty ideal backpacker, with its military service record giving it some serious street cred.

The Mare's Leg



We love lever-action guns at the NSRA; and it feels like such a shame that we don't get to discuss them very often. These guns are simple machines that occupy a space that's really neither here nor there when it comes to mass market shooting trends. These cowboy guns do, especially the mare's leg versions, fit this category to a "T."

Now, a bit of backstory on this strange pistol (yes, the ATF considers it a lever-action pistol). The prototypical mare's leg comes directly from cowboy lore. It's essentially a sawed-off version of the Winchester 92, cut down at both ends, barrel and stock. What you end up with is a very short firearm that somewhat resembles a horse's leg, hence the name.

The mare's leg has been featured in westerns for many decades, introduced in 1957 by Steve McQueen's

character in *Trackdown*. Was the mare's leg really a thing before Hollywood got ahold of it? We'll leave that for the historians to figure out.



Chiappa's 1892 Mare's Leg is a very faithful reproduction of the Winchester 1892 with the full Steve McQueen treatment, which is great. It's also the most expensive of these 3 options, which is why we recommend the Henry Mare's Leg instead.



Made in the USA by the most trusted name in lever guns, the Henry Mare's Leg is a fine-crafted backpack pistol that's just oh so cool. Available in a variety of calibers; .22LR/S/L; .22WMR; 357 Mag/38 Spl; .44 Mag/Spl; and finally, .45 Colt, this horse leg pistol is actually a perfect backpack gun.

At an overall length of 25 inches, it's a bit on the long side for smaller backpacks, but at a diagonal position it's very doable. Given the calibers available, there's no beast in North America that the Mare's Leg isn't suited for. Additionally, it's got a saddle ring that's as cool as it is functional. If you wanted, you could easily carry this weapon outside a backpack, securely tied via the ring.

KelTec SUB-2000



The SUB-2000 is just the kind of gun that, well, every conversation about quirky, non-traditional firearms seems to lead to eventually. The reasons are usually self-evident.

This a high-performing tactical carbine that can share mags with your handgun, and it also folds in half for maximum backpack friendliness. The SUB-2000 is an excellent carbine for a number of quantifiable

Based on the popularity of this Franken-gun, several manufacturers began producing the weapon and still are to this day. Which leads us to this fortunate fact: these weapons are essentially replicas of expired patents that have been very thoroughly tested over the years. As a result, the models still in production are generally very high-quality.

The key players here are Henry, Rossi, and Chiappa (pronounced "key-ahh-puh"), all of which are known for building quality firearms. Rossi manufactured its Ranch Hand up until very recently, though it seems to have disappeared from the lineup in 2019. That said, the Ranch Hand isn't all that hard to find on the resale market and is by far the least expensive.

reasons we'll get to in just a moment. Before we get to specs, however, let's spend a little time dissecting what makes this an excellent backpack gun.

The SUB-2000 may look like a piece of quirky modern art, but the fact is that its strange look is born out of a very utilitarian mindset. This is also where the folding part comes from. KelTec designed this gun to be a hyper portable, easy-to-operate carbine, which makes it very well-suited for situations where you might be pulling it out of a hiding spot and preparing to fire with a moment's notice.

Not that we are advocating this type of tactical shooting or anything at the NSRA (kidding, of course we do), but this gun is unique because of its ability to unfold and fire quickly. In fact, all that's needed is to release the latch, open the weapon fully, and start shooting. That's pretty awesome.



Then there are the specs. Folded up, the SUB-2000 measures just 16.25 inches, perfect for a backpack gun. Unloaded, the SUB-2000 weighs in at a very comfortable 4.25 pounds, a pound lighter than the Henry Mare's Leg and just $\frac{3}{4}$ of a pound heavier than the AR-7.

On the topic of firepower, the SUB-2000 is available in either a 9mm or .40SW variation, shipping with a flush fitting 10-round magazine. We don't know if you'd want to say it has more firepower than the .44 Mag Mare's Leg, but it definitely holds more ammo. Then, of course, with a Glock 31-round magazine, you could instantly convert your SUB-2000 into a high capacity carbine and it still folds into your backpack.

Midland Backpack 12 GA, 18.5" Barrel



Midland Arms isn't a household name in shotguns, or any other type of guns, for that matter. Since making a splash at the 2018 SHOT Show with this unique folding scattergun, the Midland name is certainly popping up more frequently.

Interestingly enough, this company has its origins in England in the late 19th Century, but is now headquartered and manufactured in West Virginia. That concludes the history lesson portion.

Let's get to the fun stuff. While in no way does this gun actually function as a backpack, it does fit inside a backpack quite well, true to its name. It's also fairly lightweight for a shotgun, tipping the scales at 4.65 pounds. That's both a blessing (to carry) and a curse (to shoot), but as it is called the Backpack, we suppose most people are willing to accept a little extra recoil to free up the space/weight.



This is a very well-made shotgun with an unconventional purpose and, all things considered, Midland pulls this design off extremely well. While it is available in .410 and 20GA, as well as in 22-inch, 24-inch, and 26-inch configurations, we figure that the purpose of this gun is best achieved at the 12GA/18.5" barrel setup – maximum firepower and compactness.

As a single shot, the break-open lever is also the takedown lever, folding the barrel 180-degrees to achieve its "backpack" state of 18.75" long and 8.75" wide. Consequently, it can fit inside bags designed for the Ruger 10/22 takedown model, among other carry bags.

The gun itself is pretty simple, as it is well-built and sturdy. The Backpack comes tapped for Beretta screw-in chokes. The only choke included with purchase is modified, which is actually great considering this shotgun retails for about \$145. Other nice features include spacers for an adjustable pull length, a cocking indicator, 3" chamber for magnum loads, and an interchangeable barrel (if you do decide to take it bird hunting).

On its website, Midland advertises interchangeable centerfire and rimfire barrels coming soon. We'll see once they are available to the public, but that could take this already excellent backpack gun to the top of your backpack gun list.

Until then, we have to say that in many ways a backpack shotgun makes a hell of a lot of sense. Whether you need to break up a rattlesnake-apalooza, face down an angry beast, or you just want to throw some cans in the air and blast 'em, shotguns are often the most fun weapons to actually use. Plus, with the right choke, you can use slugs too.

Ruger GP100 - .357 Mag



There's a long-standing tradition that links revolvers with backpacking. Maybe it's because revolvers were considered state-of-the-art when many of history's most famous explorers were doing their thing, maybe it's cowboys... who knows?

Although we have included a .22lr option in our list, there are plenty of circumstances we can imagine in which a rimfire weapon would not be ideal. If you were to run across a mama bear that perceived you as a threat to her cubs, or a bad hombre cooking meth in a shack, that .22lr may feel a bit anemic.

A .357 Magnum, however, is going to put you on a bit better footing. At the same time, if you wanted to do some plinking, you could load your cylinder with some .38 Spl rounds. That's the beauty of a large frame revolver chambered in .357 Mag; it eats up some of that magnum recoil while offering you the choice to downshift to a lower energy caliber.



Whether you're hiking in the Alaskan backcountry or plinking in the desert, a rock-solid revolver with plenty of power is an excellent choice. You may not consider the Ruger GP100 a lightweight option, but relatively speaking, the GP100 is 2 pounds lighter than most guns on this list, coming in at 2.5lbs for this revolver.

Our favorite configuration for the GP100 "backpacker special" is the 4.20-inch barrel, giving you excellent stability and accuracy. It's not the most compact version (i.e. the snubby 2.5" barrel), but we think the extra barrel length makes the GP100 much more fun to shoot with better groups at longer distances. On that note, the GP100 comes standard with some very nice sights, including an adjustable rear sight that can come in handy if you're standing back at 25+ yards.

The GP100 being a very popular revolver for quite a long time, there are lots of upgrades available such as night sights, if that rings your bell. If you want a backpack gun that delivers excellent firepower and accuracy at a moment's notice, the GP100 is an excellent choice.



Savage Model 42 Takedown

You may be familiar with this combination gun's ancestor, the classic Savage Model 24 combo over-under. It was an affordable, popular gun that was damn near the perfect turkey hunting weapon. Alas, it was retired in 2010.

In its place, Savage introduced the world to the Model 42 Takedown, a new polymer take on the tried-and-true combo gun philosophy. It seems as though the Model 42 was built to be a bug-out/backpack-friendly gun from the ground up.

The Model 42 is currently offered in two caliber configurations, .22LR/.410 or .22WMR/.410 over-under. Given that this is a break-open single shot (double shot?) weapon, we see no reason not to opt for the .22 Magnum; it gives you substantially more fire power than the .22 long rifle.

With its 20-inch barrel and break-action design, the Model 42 is both highly compact and simple to operate, making it an ideal camp gun. Perfect for hunting smaller varmints and even birds, although the .410 is a smooth bore (no choke), this hammer fired over-under has a backpacker/tactical look in black with red trim. Weighing in at 6lbs, it's not the



lightest gun on our list, but it is extremely versatile.

This is especially true when you consider the range of shot shell options available. Although .410 may seem underpowered, it will sling buckshot at roughly the same velocity as a 12GA. The only major difference is the amount of shot in the shell, of course. Rifled slugs, personal defense shells, and common buckshot sizes are all available for the .410 bore. That plus

your .22 WMR option gives you large game killing potential in a survival situation.

Taken down, the Model 42 fits easily into the 25" carry bag included in the package, though the components themselves measure just over 20-inches. The fitment with this model is very good, what you'd expect from Savage. Also, the safety features are more than adequate, with both a cross-bolt safety and trigger safety that won't allow the hammer to contact the primer unless the trigger is pulled.

All in all, this is a really nice combo gun from Savage, though there are a few changes we'd like to see. The sights could be better, adjustable rear polymer sights with a polymer front bead. The receiver is taped for optics if you do want to upgrade the sights. Another item on our wish list for the Model 42 comes in the form of chambering options. The Model 24 offered several options, including a .222 Rem up top with a 20GA underneath. That would be a stellar backpack combo.

Your Favorite Sidearm



In the last spot here, we've got to give a mention to the most common and highly compact variety of carry weapons on the planet: Semiauto handguns.

Now, we'll admit this was a tough decision. There are a number of honorable mentions that just didn't quite make the cut versus the weapons on our list. We wanted to like the Chiappa M6, but the fit and finish, combined with the clunky operation, kept it from measuring up. Chiappa's Double Badger folding over-under is a compelling backpack gun, as is KelTec's SU-16 folding carbine, even though it's a bit too long for standard backpacks.



Still, the fact remains, it's hard to argue against the compactness, portability, or weight of a good old M&P M2.0 9mm. While it may not be an ideal choice for hunting small game, issues of range are limited only to the shooter's ability. The M2.0 9mm is, however, ideal for recreational camp plinking, self-defense, and even dispatching threatening animals.

At 1 pound and 11 ounces (unloaded) the M2.0 is certainly the lightest of the bunch. With a 15+1 capacity, the M&P has lots of firepower. Even if you argue that the 9mm won't stop a grizzly bear, you have to consider that 15 rounds might change the bear's mind.

When it comes to being "ready to fire" straight out of the pack, there's really no contest. Today's top-flight polymer handguns are just exceptionally light, accurate, and reliable. Would you want to own a

handgun that lives its entire life in a backpack? That's up to you. One thing is for sure, if you ever need a backpack gun, for self-defense, to bug-out in a hurry, or to bust a few caps shooting beer cans on a backpacking trip, you'll be damned glad to have one.

Conclusion

As you can see, the demand for compact and versatile guns that travel easily is greater (possibly much greater) than most gun nuts would expect. It makes sense when you think of it. There are any number of situations in which you might need a firearm that has both mid to long-range capabilities, and yet you don't have the space for a rifle.

These situations are where "backpack guns" reign supreme. Compact do-it-all guns that can be easily carried in a backpack are, by definition, very handy to have in a pinch. Where this class of compact firearms intersects with excellent design and reliability, this is where you find the NSRA's Top Backpack Guns.

This is a class of firearms that self-reliance folks with any kind of bug-out plan are quietly rooting for. Thankfully, it seems the several innovative manufacturers have recognized the formula for what makes a great backpacker gun; accuracy, reliability, and "carry-ability," all in a fun-sized and lightweight package.



HOW TO WIN A KNIFE FIGHT AND WALK AWAY JAIL-FREE



If you are 100% sure that there's no way you could ever end up in a knife fight, then this lesson plan to winning a knife fight is not going to be of much use to you.

But let's be honest; this type of weapon is highly accessible. Anyone can get their hands on a knife. While people like you and I use it for mundane tasks, some use a knife to threaten, steal, or even kill. Now you might be lucky enough to avoid a knife fight all together, but there's always that nagging possibility of walking into a situation where someone pulls a knife and you are faced with life or death...so let's show you how to win.

Despite what some might say, you don't need experience to win a knife fight. You don't even have to be in the best physical shape. It all comes down to your understanding of violence, a tiny bit of human anatomy, and your lawful right to defend yourself.

Even if you're a newbie knife owner, you'll be able to survive a knife fight with these nine knife fight lessons based on the findings of famed self-defense instructor Tim Larkin. Not only is he a former military intelligence officer but he has also trained over 10,000 clients worldwide, including Special Law Enforcement Teams and Military Special Operations Units.

LESSON I: THE TOOL OF VIOLENCE



The first thing to understand is that your job in a knife fight is to stop the attacker with a paralyzing injury, not to try to block anything or curl up in a ball on the floor. A person who fights back and injures the other person is the one who will survive.

If you watch videos of real knife fights, you'll see that the person who tries to block strikes always ends up seriously injured or dead. It might sound harsh or even unorthodox, but if you ignore the tool of violence, you'll give the attacker an open window to use it against you. So, it's necessary to use it to your advantage first.

With the tool of violence in your back pocket, "instead of a threat from a violent stranger causing you to suffer pain, loss or even death, you will be able to cause serious injury to the man, resulting in his complete incapacitation," says Tim Larkin.

When faced with a knife-wielding psycho, your only real choice is to fight back to save your own life and those around you. Once you become comfortable with using violence when necessary, you'll have the upper hand on any attacker.

LESSON 2: DEALING WITH POLICE



Keep in mind that pulling out your knife and using it against another person is considered an assault with a deadly weapon under the law, which can result in one to four years in prison or jail (depending on the state). Even in a self-defense scenario like a knife fight, you will still have to answer to the police for your actions. You don't want to survive a knife fight only to be locked up.

That's why it's important to remember that your main purpose is to debilitate the attacker so you can escape. You will see later how to aim your knife strikes at specific areas of the body so that you can stop the attacker and provide yourself enough time to get away from the threat at hand.

If you do this, it will be hard for the police to claim your actions were not out of self-defense.

LESSON 3: THE ATTACKER'S BEHAVIOR



It's crucial to know when you're actually in a knife fight or not. This might seem like a no-brainer, but when emotions are high and adrenaline is pumping, mistakes can be made and those mistakes can lead to jail time. You don't want to go on the counter-attack unless you are sure your life is in danger and this person is about to kill you.

The way to distinguish whether or not you're in a life-threatening situation is to understand the two types of violent behaviors you will encounter: antisocial and asocial behavior.

"In antisocial behavior, we may goad each other, we may push each other, but we're still communicating," says Larkin. "Asocial behavior is where the head drops, the knives come out, nobody talks, and you're just trying to end another human being."

This is especially important if you have to explain to cops why you believed your life was in danger and found it necessary to defend yourself.

LESSON 4: YOU WILL BLEED



You might not want to think about it, but one of the best things you can do is prepare your mind for getting cut. You might as well accept it because it will be pretty hard to avoid. The only thing you can avoid is how many times you get cut by disabling the attacker with crippling cuts.

It really comes down to mind over matter. You can bet your mind will be in full survival mode during a knife fight and you need to keep it that way. If you can get over the fact that you will be cut one way or the other, you won't be shocked when it happens, nor tempted to stop in your tracks and give the attacker an opportunity to cut you again.

Also, don't be surprised when you see a lot of blood. The human body contains 1 - 1.5 gallons of blood and the areas you'll target contain vital arteries that bleed profusely when cut.

LESSON 5: BIOMECHANICAL CUTTING



This might be the most important thing to take away from this lesson plan: you are not trying to stab someone to death. Your intention is to get the first injury, stop the attacker in his tracks, and end the confrontation.

In street combat, it's all about biomechanical cutting. Think of it as stopping the mechanical functioning of the body. Every human body is composed of muscles and tendons that allow someone to move with ease. If you can cut one of these areas, you will stop the attacker from being able to control his motor functions, which will give you an opportunity to escape safely.



Once you grasp this important concept, "You'll understand that if you injure a man in a certain way, you can precisely predict the result. Instead of doubt preventing you from taking action, you'll have the confidence to make the split-second decisions you need to stay alive during the most critical 5 seconds of your life," according to Larkin.

Remember, this is an asocial situation and the only way you will survive is if the attacker cannot control his bodily functions while continuing to wield a knife at you.

LESSON 6: THE MOST COMMON ATTACK



The majority of people are right-handed, which is why you should know how to protect and react to one of the most common attacks: the angle 1 attack. It's a high forward attack to the upper left portion of the body and commonly the first area someone aims for, seeing that the head and the neck are two of the most vulnerable parts of the body.

When the attacker goes for that angle 1 attack, you'll want to step inside the arc of his strike so you can cut his exposed inner arm. Then use your free defense hand to hit his forearm and block his ability to follow through on his strike. Just make sure to cut the attacker's forearm before putting your hand up there.

If all goes well, you can disable the attacker's ability to open and close his hand, giving you the opportunity to leave or use additional force if necessary.

LESSON 7: MOBILITY

You see it in sports like boxing and MMA: guys moving around and never putting their guard down. That's because the more you move, the less of a target you give your attacker to hit. And it's the same in knife fighting. You want to limit your attacker's ability to hit you by moving in all different directions.

The four main directions you can use to your advantage are forward, backward, circle left, and circle right.



Not only will this make it harder for the attacker to strike you with the knife but it also keeps you on your toes so you can react to anything thrown your way.

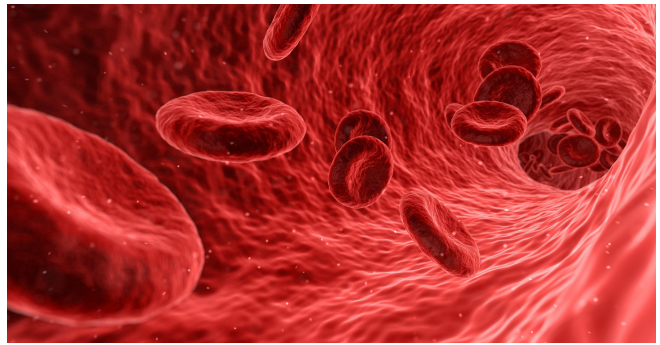
LESSON 8: KNIFE POSITION



A lot of knife systems, including that of the military, have the knife near the body with the free hand out in front protecting the face. But the purpose of a military knife fight is completely different from a street combat. In a military scenario, the purpose is to kill the other opponent, while in street combat, you are trying to disable the attacker and get the heck out of there.

Therefore, the best technique in your situation is to have the knife out in front because your goal is not to kill the other person but rather to target the attacker's grip on their weapon. By having the knife out in front, there will be less distance for you to hit these keys areas that will disable the attacker's movements and ability to cut you.

LESSON 9: THE BEST PLACES TO CUT



As mentioned above, you are targeting the biomechanical areas of the attacker in order to literally stop him in his tracks.

One of the best places to cut is the inner arm because it holds important muscles and tendons that are necessary for the fingers to close and grip an object. It's also the home of a major blood vessel that supplies blood to the forearm and hand, called the ulnar artery.

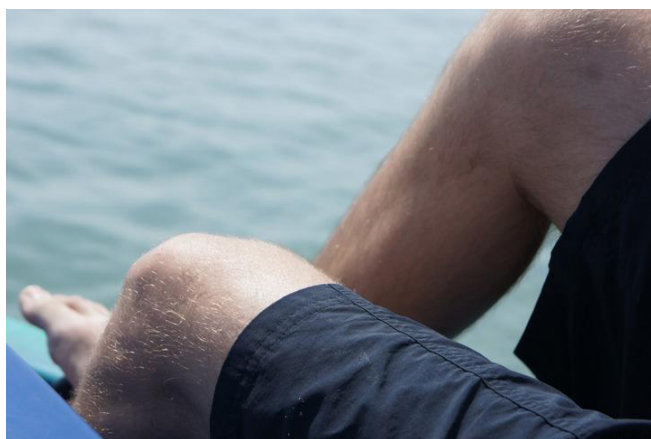
If the attacker goes to strike you on the upper left part of your body and you cut his inner arm, you are essentially cutting off his ability to open and close his hand. And, of course, he'll end up losing a lot of blood which could cause him to pass out.

Ideally, if you can successfully connect with this cut, he will drop his weapon and the fight will be done since he is now unarmed. At a legal standpoint, you have no reason to attack further because you are now the only one with a weapon.



If that cut does not finish the fight, however, the next best place to target is the triceps and bicep since both allow someone to fold and extend the arm. So even if the attacker goes to strike you again, he won't be able to because the muscles needed for that particular motion aren't functional.

You'll have a chance to cut the tricep right after cutting the inner arm. Once you follow through with a forehand motion across the inner arm, you then cut the tricep with a backhand motion. You also have the option to cut the inner arm, grab it with your free hand, and cut across the bicep. Either way will remove the offender's ability to use his arm to attack you further and hopefully end the confrontation.



Now let's say it's winter out and the attacker is wearing a lot of layers. This might prevent your first two strikes from doing any real damage. But even with a large winter coat on, the coat usually ends half way down the legs, leaving one essential area exposed no matter what: the quadricep.

Not only does the quad help us with movement and stability but it also narrows toward the bottom and is maybe as thick as a steak; meaning an everyday carry knife could easily disable this area with one quick cut across. If you take away the attacker's ability to move, you'll have no problem escaping.

So, you have cut his inner arm, followed through with a backhand cut across the tricep or bicep...now you grab his wounded arm and push it back so he can't strike you as you cut from the inner part of his quad across the rest of the muscle. You've now completely disabled him and can retreat to a safe location knowing you've won your life back.

CONCLUSION

Law enforcement will be involved. Even if you are innocent, every one of your actions will be scrutinized and examined to the fullest extent of the law. You'd think it would be easy to explain to the cops that you had to defend yourself and cut an attacker multiple times to escape unharmed, but you're always exposed to the possibility that the attacker could claim something else.

That is why it's a good idea to keep all of these lessons in mind before a knife fight. If you can explain to police that you were forced to defend yourself once the attacker stopped talking, dropped his head, and pulled out a knife, and that you targeted specific areas to stop him from killing you, then you'll walk away with an unbeatable legal defense.

Just remember, it's all about creating enough bodily dysfunction to the offender so you can get away.



10 Ways to Prevent Boredom and Have Fun After Doomsday



Let's face it; after doomsday hits, most of us are going to have our hands full trying to survive. Know this, though: if you are in a SHTF situation and are in it for the long-haul, be prepared to have some of the most boring days and nights you've ever endured. And, we guarantee if you're not prepared, you'll find yourself hunkered down after lasting yet another day wondering to yourself if this is all that is left?

Furthermore, remember when the family used to go on a road trip with their children in the back? There was always that bored little kid who inevitably started uttering, "Are we there yet?" multiple times until their siblings or parents had enough of their brand of amateur psychological warfare.

Now guess what? Society has collapsed, and you are now that bored little kid riding in the back of the car. Unfortunately, after the SHTF, you may not have anyone to try out your version of "are we there yet?" on. However, if you do have companions to bounce your version of that children's game off of, rest assured they may get a little creative and retaliate now that all those pesky little societal norms and

laws have vanished. Hey, whatever passes the time, you know?



Senior Airman Thomas T. Charlton / Joint Base Charleston

Whatever your situation, the reality is that in addition to having a place to lay your head down and rest, you can't neglect having a way to entertain yourself. Furthermore, it's excruciating to know that you've survived the chaos but then wake up to the burning realization that boredom is killing you.

Fortunately, we've got your back with a few solutions to that problem. And, in order to spare you the pain and fallout related to the ultimate in boredom, here are ten ways to entertain yourself and have fun after doomsday.

Do Chores



Eglin AF Base/Sachel Seabrook

Chores. Just the very thought of their banality during everyday life makes most of us groan. In other words, we've worked all week and now we've come home to more work. Oh joy. However, after the worst happens, and there is no readily available entertainment to pass the time, the structure of scheduled chores will help pass the countless hours that you don't have anything to do. Whatever endeavor you undertake in the way of chores will keep your hands and minds busy, too. Keep in mind if you are in a group, to schedule a rotation of different chores to break up the monotony.

First, get some much-needed rest and relaxation to recharge your batteries. That way you'll be willing and able to tackle some chores. Some "rainy-day" collection of chores to get you through those long nights and days include some familiar mundane activities, but they can also include chores unique to your survival such as sharpening tools, utensils, and weapons.

Use a Hand Crank Radio

No matter if the grid shuts down temporarily or permanently, the power is going to stop. That's going to lead to some countless hours of candle-lit nights and sunny days without electrical power. Killing some time doesn't merit using up your precious store of batteries or fuel, so you'll want some alternative devices to stay entertained. Enter hand crank radios,

and these devices can be a treasure trove of fun times. Hand crank radios haven't been popular in about five decades, but, luckily, they are easy to wind up and allow you to listen to vital news broadcasts, alerts, and talk radio.

Tinker



Adele Uphaus-Conner/Marine Corps Base Quantico

Besides hand crank radios, there are most likely other hand crank devices in your bug out bag, vehicles, shelter, etc. For example, hand crank flashlights and other hand cranked devices that let you power electrical devices will be essential to your survival when the SHTF. Most likely you'll also be using vehicles, generators, and other types of accessories, and they will quickly fall in to short supply as they finally succumb to continued use.

Meanwhile, even if you are using a horse and buggy, the buggy, bridle, and horseshoe will eventually wear out and they'll need repairs. That's where tinkering comes in. And for those of you who do it today, you already know that you get a great sense of enjoyment from scavenging one part to build or repair another. So, whether you tinker now or do it post-apocalypse, it can function to alleviate boredom.

Read Books

Some of us have gotten used to reading tablets in lieu of a hard copy, but when the power grid is lost long-term, nothing will beat a good old-fashioned book. And, although it's difficult to recommend a comprehensive set of useful books to have during a SHTF scenario, it's probably safe to assume what's useful and entertaining now will be the same as it is in times of trouble.



It's generally a good idea to have a few reference, nonfiction, and fiction books. Diversify your collection so that you have the broadest amount of material at your disposal. We've broken the different types of books and journals into different sections.

How-To Books and Manuals

How-To books and manuals will be good sources of information to have around once the worst of the SHTF scenario passes. No longer can you head to the grocery store and buy food or take your car to the shop and have it serviced. You are now on your own and must rely on someone else's knowledge bank to learn what you don't know yet.

That's where these types of books will come in handy. Experts are going to be in short supply after the apocalypse, so you now you must learn to put on many hats, my friend. Chilton auto guides and books about livestock and gardening might be great places to get started. Anything that helps you get by better or perform subsistence living will not only entertain you but will also help you become better equipped to survive.

Spiritual Guides

Religious books and spiritual guides are fun to read and help you mend your psyche, especially after a spirit-crushing disaster. For instance, bibles have long helped Christians cope with the mundane and often brutal world of prison. The catastrophe when the SHTF will be similar, and religious and spiritual literature can help stop boredom and build your morale.

In a similar fashion, religious books and their practices

and the structure and implementation of law; all of which are needed in the event of rebuilding society.

Journals and Diaries

Diaries are sources of fun and introspection for both young and the old, and they might even become a piece of history someday. Remember The Diary of Anne Frank? The world found the story that young Anne Frank documented fascinating, and her tragic story taught people more about WWII and the persecution of the Jews by Nazi-led Germany. Future historians might preserve how you rode out the apocalypse if you keep good notes in a diary, and you may even become a part of history. Wouldn't that be cool?

On the other hand, journals allow you to exhibit excellent record-keeping abilities, and maintaining one will aid in keeping you at the ready and abreast of goings-on. So, if you are part of a group and are an organized person, you may want to volunteer for the task of using good journaling to help control vital inventory. Tracking and analyzing journal entries can let you know if there is loss, damage, and theft happening, as well.

Entertainment



Sometimes you just want to relax and read a book or magazine just for entertainment's sake. In a nutshell, we need junk food for the brain, even during the best of times. You can always turn to the classics for a good book selection, and if you have a way to power one, a Kindle loaded with eBooks will work, too. Kindles will be great to have around since they don't require a lot of energy to operate them.

Children, especially, will need a fantasy world to

escape to since there most likely won't be a school to attend. Nothing will get their imaginations running quicker than letting them get immersed in children's fables and fantasy stories.

Train in Martial Arts



There's a place for martial arts when the SHTF, and it will keep you focused and entertained for hours. It's an activity that will build your stamina and will additionally give you discipline to boot. There is a lot of energy exerted when you train, spar or fight, but a big part of its focus is on the conservation of energy.

If you don't really know how to fight the correct way, you tend to expend all your energy into one blow. That tires you out quickly, and whether boredom is at stake after you're finished or you are battling to survive, you don't want that to happen. Training in martial arts helps keep your energy in reserves and teaches you to use your body in a more efficient way.

Teach



U.S. Air Force Photo/Staff Sgt. Nicole Mickle

others if you have it in you. What's more, nothing will kill time more long-term than teaching pupils and interns what you know and/or skills you've learned. The experience might not only just kill boredom but also give you a sense of purpose.

Bonus: individuals who have a penchant for teaching and/or enjoy helping others learn a skill which will be invaluable in a SHTF scenario.

Play Games



Source: USAF Airman 1st Class Erick Requadt/ moody.af.mil

Games and similar activities are an easy and fun way to fight tedious times. In fact, just one candle will provide enough illumination for a small group to participate. Also, it's a good idea to record the rules because you may not be able to find a copy of them after disaster hits.

Here are a few fun choices that you might be interested in.

Cards

A deck of cards has been known to ward away boredom in all sorts of situations, Lightweight and compact, they can also function as tinder if they get too worn out. You can play poker, solitaire, hearts, gin rummy, and much, much more with a standard 52-card deck.

Board Games

Board games are excellent forms of entertainment for you and will also help you pass the time. Some, such as survival board games, can even help you pick up some survival tricks.

However, don't forget old standbys such as chess, backgammon and checkers. You may not know it, but

playing chess is helpful to developing logical thinking and strategies in real-life scenarios.

Camping Games

Pitching a tent and setting up camp for rest and shelter is an essential skill to learn for survival if you are leading a temporary nomadic existence once s*** has hit the fan. That being said, it's the camping games you play during the excursion that we want to discuss here, not camping itself.

Here's a list of some of the more popular choices:

- Catch, Don't Catch
- Horseshoes
- Scavenger Hunt
- Water Relay
- The Name Game
- Sleeping Bag Races
- The Name Game

Use Skill Exercises



U.S. Air Force Photo/Staff Sgt. Nicole Mickle

There are countless survival skills you can learn, but some are more fun than others. We're talking the grownup activities of skill exercises and outlining a few below. More importantly, for the following skill exercises that involve sharp weapons, make sure there are no children around when you practice.

Throwing Darts and Shurikens

Any item you keep around your domicile can potentially become a lethal weapon if used correctly. For instance, a porcelain coffee mug, your car keys, or even dirt from the ground can wound an attacker just enough to allow you to get away.

Throwing darts and shurikens, also known as throwing stars, act upon the same principle. Also, the best way to practice and become a better hunter using them is to hang something from a tree branch and attempt to hit it while it swings back and forth. Hunting knives can be used during this skill exercise, as well, and work well on game that are more than thirty feet away once you are proficient.

Shotguns and Handguns

Different types of guns and pistols are good for target practice and can provide an entertaining venue while learning defense and hunting skills.

Note that ammo is probably a precious resource unless you can make your own. In the case that no one in your group knows how to do this, it's a good opportunity to return to your How-To reading material and bone up on how to do it. Until then, conserve your supplies, and let the experts handle the shooting range and hunting.

Most preppers are aware of the issue of ammo shortages and top off their supply well before tragedy hits the news. Those that want to stay ahead of the game, though, will do best in a SHTF scenario if they learn how to cast their own bullets and, even better, know how to make their own guns.

Archery

Archery introduces you to the fun world of using bows, compound bows, and crossbows. You don't have to be fancy, either. You can try out your bow and arrows and get the feel of them on a simply fashioned target that consists of a bulls-eye drawn on a pillow that sits atop a hay bale.

Practice will get you to where you can shoot small game after a while. To up the ante, have a buddy throw a bottle or other item into the air and try to hit it.

Playing and Caring for Pets

If you packed a bug-out bag, you probably did one for your dog, as well. Dogs have an important place once the SHTF, but they get bored just like you do. Even better, you can while away the hours playing and training Fido, especially if he comes from a set of



working dogs such as bird dogs and herders. Those activities will allow you and your canine friend plenty of hours to have adventures and stay entertained.

Dogs are extremely useful: they can hunt, attack enemies, herd livestock, and stand guard among other things. On the other hand, cats have a place after the Apocalypse strikes, and these little killing machines can keep the population of mice and other vermin at bay. That's an important function since rodents can spread diseases rapidly and there will be a shortage of doctors and medicine.

And, don't forget the livestock. The simple acts of caring, interacting, cleaning stalls, giving treats, etc. to farm animals is a fun time-buster, too.

Birdwatching

It's a harsh reality, but nature will most likely thrive after a big portion of humanity is wiped out. The upside of this is there will be better opportunities to do activities such as birdwatching. All you need is a pair of binoculars, which can also double as a security gear. In a nutshell, when you aren't watching the pretty avians through binoculars and cataloguing them with your field guide, you can use binoculars to get a view of your perimeter and have a head start if there is a threat.

Doomsday also offers a better chance to engage in star-gazing because of the lack of artificial light. Instead of binoculars, you'll need a telescope if you want to see the heavens up close, though. By the same token, a lack of artificial light also leads to more fireflies, and the kids can enjoy collecting fireflies and letting them loose when they are done

20 having their fun.

Bonus: Socializing

Contrary to popular belief, and what Hollywood would have you believe, anarchy won't reign forever once doomsday hits. People will want to rebuild, and it's in our inherent nature to socialize. In fact, having companionship will be one of the best ways of having a good time when the SHTF. Can you imagine doing all the entertaining things above with no one to talk to? Somehow, it's not so fun anymore, is it?



Alexandria Baldrige/Pexels

Conversing with one another helps us build friendships and provides sanity checks. It also helps us spark ideas and have meaningful debates. Also, don't forget intimacy between you and your significant other, and dancing and listening to music together can help grow bonds between the two of you. In fact, music and dancing help build bonds in groups and have been doing so since the beginning of civilization, and you'll want to capitalize on that going forward after the SHTF.

All right.....there you have it. Keep in mind that this is just a drop in the bucket when it comes to finding things to keep you entertained after doomsday strikes. Therefore, the take away from this article is: 1) There are a multitude of ways of entertaining yourself and having fun after the SHTF, and 2) Entertainment is critical to not only passing the time, but to also building relationships and keeping you and your companion(s) morale high. Both of which are of high importance when tensions can be elevated post-apocalypse.

HELLFIRE



DOUBLE YOUR ACCURACY INSTANTLY!

It's a combination tactical flashlight and high visibility green laser.

And it fits just about any handgun, rifle or shotgun.



www.mycrisisgear.com/Hellfire



 **INSRA**
Liberty. Independence. Patriotism.