



MEMBERS UPDATE

April 2021

How to Beef Up Security With Cameras

What's the Best Martial Art for Me?

10 Best Drones for Preppers Buying Guide

The 4 Blades You Need in Your SHTF Arsenal

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The 4 Blades You Need in Your SHTF Arsenal

Ask any good knife collector and they'll tell you, there's no upper limit on how many knives you should own. And we'll be the first to say it; there are a ton of amazing knives on the market today. But how many do you actually need? We surveyed our experts and came up with the answer. We'll explain it all in this article.



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10 Best Drones

There's a lot to consider when you're shopping for a robot aircraft, especially when you have specific jobs you need this contraption to help you with. Like any other tool, you need the right drone for the job. In this guide, we break down the best models in each category and which drones are best suited for the jobs you need them to carry out.



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Best Martial Art for You

Self-defense is one of the most personal decisions you can make. The best training methods, on the other hand, will require enrolling in school complete with instructors, students and sparring partners. Whether you're learning to take down bad guys, or simply increasing your own strength, focus and stamina, the best way to get started is to learn about your options.



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Security Cameras

You see them everywhere and the cost of installing them has dropped precipitously in recent years, but do security cameras work? The answer is: Only if you know how to use them correctly. Beefing up your perimeter security with cameras is easy, cost-effective and, for lots of us prepper types, pretty fun.



THE 4 BLADES YOU NEED IN YOUR ARSENAL

There's no excuse for a dull knife. At least that's what Grandpappy, a retired Marine, used to say. Even in 2021, decades after his passing, those words still hold a razor-sharp edge. Because not only is honing a blade easier than ever, thanks to all the innovative sharpening tools available, but knives are still one of the more critical items in a tactical operator's toolkit.

And while many a word is written each year on determining the "best" knives on the market, we find there's very little discussion of either: a.) What function, in reality, these "best" blades actually serve, and b.) Why you would need the "best" knife money can buy in a real-world scenario.

Look, we're huge knife enthusiasts here at the NSRA, so we're not trying to downplay the importance of a high-quality knife. Quite the opposite, we are all about helping you discover the perfect tools for your needs. We also value getting the absolute most value for your money. That's why we've developed this guide to help you cover all the bases in terms of your SHTF knife collection. Because again, we believe it's more important to have a complete set of tools than to have one exceptionally good hammer.

Think about it: Every so-called prepper has a knife, but do they have the right one? It sure would be a shame to have to cut through tons of cardboard

and zip ties with that fancy stag handle skinning knife with the Damascus blade. Likewise, it'd be really difficult to skin a rabbit with a machete.

The point is simple: You don't need every kind of knife on planet earth, but one knife (even an excellent one) isn't going to be sufficient for the large variety of chores you will need to tackle in a survivalist day's work.

WHAT DOES A SHTF BLADE SET LOOK LIKE?

As we alluded to earlier, there is no such thing as a do-everything, one-size-fits-all knife. It's simply not possible. So, the question becomes how many knives does one need in order to be fully "knifed up?"



The answer varies for each individual survivalist and his specific needs, of course. Broadly speaking, however, there is a framework for what knives are necessary for running a self-reliant homestead, with "work" being the operative word.

The blades needed in your toolkit aren't based on a range of measurements like a set of combo wrenches. Instead, the blades a survivalist needs are dictated by the jobs they will need to perform. Again, this varies a bit between every individual, but it's important to put a few of the major functions and our recommendations out on the table for review.

HUNTING/SKINNING KNIVES



Whether you're hunting for food or butchering livestock, many of the same rules apply. You'll need a good sharp knife to process your animals efficiently and ideally a blade that is dedicated to that specific task for food safety and hygiene purposes.

The most important qualities of a good hunting knife are that it's sharp, nimble, and durable. Blade construction and materials will dictate both the knife's strength and its edge characteristics. The ideal design is a full tang construction, where the blade material extends entirely through the width and length of the handle, enclosed by scales on either side, with steel that both sharpens well and holds an edge.

Contrary to popular belief, a hunting knife doesn't need the hardest steel imaginable either. Since its function is to skin and process game, the ability to sharpen and hold a scalpel-like edge is critical to ease and safety.

Blade and handle dimensions are also key to skinning game, especially for smaller game animals like rabbits. For this reason, we have to recommend the Bear & Sons 753 Upswept Skinner. This knife is very directly modeled after the classic Schrade



Sharpfinger, but we actually prefer this handmade in the USA version for the finish and blade quality. As you can see, this blade features a very large cutting area and also a narrow blade width for those hard to reach places.

There are many excellent hunting knife options from W.R. Case which we would also readily recommend. Case XX's surgical steel as well as the brand's chrome vanadium are both excellent for sharpening and holding an edge. But for \$28, the Bear & Sons Upswept Skinner is hard to beat.

BUSHCRAFT KNIVES



When you need a knife that can chop, whittle, split kindling and even act as a mini machete, you're going to need a bushcraft knife. Now as you might expect, the term "bushcraft" does not refer to a perfectly defined, official category of knives with an ironclad list of mandatory functions to perform. Generally speaking, however, the term refers to survival functions that include preparing kindling and building fires.

The NSRA's definition places a bit more emphasis on heft and weight for this category, in order to ensure this knife can perform tasks that others cannot. This includes chopping through kindling and, at times, even some light hatchet work. Again, this is stuff that you wouldn't ask most of your knives to do. But if you had to make do without a hatchet or axe, this knife could fill in on some of these tasks.

Some of the lighter duty functions would be "feathering" pieces of kindling for easier ignition, doing some crude meat processing, and chopping carrots and other veggies for a stew. In most "bushcraft" cases, you're going to be looking at a heavier knife that generates more momentum when swung.



Our pick for the best bushcraft knife for your money is the Schrade SCHF10. For the money, it's just hard to beat the heft, shape, and utility that the SCHF10 offers. The handle is a very grippy yet firm micarta production held on with 2 hex bolts.

The blade is hard thick steel that holds an edge even when chopping away at small logs. The blade design gives it ample cutting area with gimping on not 1, not 2, but 3 places.

All this for well under \$50, the SCHF10 is a pretty killer deal, particularly when you consider how many other tools it can stand in for when necessary.

EDC/POCKET KNIVES



When it comes to EDC (Every Day Carry) knives, the name says it all in our opinion. This genre's absolutely critical feature is its ability to ride in your pocket 24/7 so that it's ready for use anytime you need a blade. Obviously, this places a substantial size and weight limitation on EDC knives, as they need to cause as close to zero inconveniences as possible when inside or clipped to your pocket.

The one caveat is that you're looking for the most utility possible given these EDC constraints. In most cases, this means a blade around 3 inches in length and an overall weight under 3 ounces. An incredible level of innovation has gone into this category, creating an impressive list of knives with rapid deployment, awesome steel, and extremely reasonable prices.

Knife fanboys often fall in love with knives in this category, and for good reason. These are the knives that you really live with and become like an old friend (unless you break off the tip trying to pry something open – don't do that).

Like we said before, these knives are a security blanket for preppers, as they pack a ton of utility into a very sleek, compact package. On the other hand, this category's function is mostly to fill in on an as-needed basis, masters of the odd job if you will. They need to perform when called upon, but above all they need to be present and ready for action.

That's why we generally put a budget ceiling of around \$50 on these blades. The good news is that price will get you a pretty killer knife. And you'll have plenty of knives to choose from at this price as well.

We couldn't possibly list all the designs we'd recommend here in this article, but we will give you a solid option that you can either go with or use as a benchmark for comparison. That benchmark is the US-made Kershaw Leek.

Designed by none other than the legendary Ken Onion, the Leek features a very functional 3-inch blade made from tried and true 14C28N stainless. Kershaw has used this steel in many super popular



knives over the years, and it proves to be hard enough to hold an edge, yet relatively easy to sharpen.

The Leek weighs in at 3 ounces and features a 3-inch blade and deep ridging clip that makes it almost unnoticeable in your pocket. As for the criteria we laid out at the start of this section, you can see how this knife checks all the boxes. It also features a spring-assist opening mechanism, and that's what sets this knife apart from some of the competitors. It's also one of the most popular EDCs of all-time.

SELF-DEFENSE KNIVES



While some knife guys will argue that all knives are “self-defense” knives of some kind, we don't generally share this philosophy. And even when it comes to self-defense knives, we characterize these as backup weapons, i.e., the last line of defense.

There are many fighting knives out there, folks. There are also many concealed carry firearms, which brings to mind the adage of bringing a knife to a gunfight. The key thing to keep in mind is that outside of martial arts or possibly a well-negotiated duel, a knife should not be considered a primary weapon.

That's why we tend to like boot knives for this category. As a rule, a boot knife is designated as a back-up. We like neck knives, to a lesser extent, for the same reason. There are more effective blades

for self-defense, a katana, for instance. But the fact is you're almost certainly not going to be carrying that KA-BAR 7-inch fighting blade around when you need it.

Thus, the best knife for self-defense is the one on your person at the critical time. That's where a good boot knife earns its keep. Like an EDC blade, a good boot knife has some very real size and weight constraints. And while you'll find some that are made for utility purposes, we tend to err on the side of a more weapon-oriented design. After all, you can slice an apple with a dagger just as easily as a drop-point folder, right?

If you shop for a boot knife at all, you'll quickly realize how many options there are at a reasonable price. Cold Steel, Buck, SOG, Kershaw and Schrade all make great knives for this purpose.



Our top pick in this category is the Kershaw Secret Agent. It's got a very nice 4.4-inch bayonet blade, a great grippy GFN handle, and weighs in at only 3 ounces. The real key to a great boot knife isn't all in the knife. It's also in the great sheath/clip that keeps the blade anchored firmly to your boot, making it a cinch to carry. The sheath on the Secret Agent is one of the best we tested, with a strong clip you can feel confident in. Plus, it costs about \$30.



Our special mention goes to the Cold Steel Counter TAC II, which is yet another very light, bayonet style blade made of high-quality AUS-8A steel. With a 3.75-inch blade, the Counter TAC II is a lot of knife

but still rides in your boot with ease. Also, drumroll please, you can also pick up the Counter TAC II for about \$30.



10 Best Drones for Preppers Buying Guide

It goes without saying that we don't want a societal collapse to occur, but a drone can be an essential part of your prepper repertoire if things go down. On the other hand, flying your drone is a fun pastime to have during times of plenty, too. Therefore, whether you want one for scouting and surveillance when the SHTF or you simply want an excuse to buy a drone, having one of these miniature whirlybirds to call your own is pretty sweet.

JUST WHAT IS A DRONE, ANYWAY?

A drone is an Unmanned Aerial Vehicle or UAV for short. To put it another way, it's an aircraft without a human pilot on board. In this article, we explore the different types of drones available now.

THE DIFFERENT CLASSES OF DRONES

Drones can be classified on a different basis, such as usage, say, photography, mapping, or surveillance. As you can probably tell, features of a drone such as surveillance make it indispensable if there is a TEOTWAWKI event. However, their best classification for the sake of this article will be based on the four major types of aerial platforms used: Multirotor, Fixed-Wing, Single Rotor Helicopter, and Fixed-Wing Hybrid VTOL.

MULTIROTOR DRONES

Multirotor UAVs usually have 3, 4, 6 and 8 rotors. Drones with these four configurations are known as tricopters, quadcopters, hexacopters, and octocopters, with quadcopters typically being the most common design type. Multirotor drones function through two rotors that have fixed-pitch

spinning blades which operate to generate lift. If you plan on doing aerial photography, a multirotor UAV is the easiest and cheapest option for getting an 'eye in the sky.' They give you great control over framing and position and are perfect for this type of work.



FIXED-WING DRONES



The velocity of a fixed-wing drone generates forward lift under its rigid (fixed) wings. The lift is produced either by an electric motor-controlled propeller or internal engine. The best designs are almost airplane-like, and many of the bird styles of UAVs are fixed wing. They will need to take

off from your hand or by a runway. Instead of hovering, many can fly continuously over great distances. Fixed-wing drones are often designed for very rugged conditions and can fly and land in bad weather. The underwater drones in this article are examples of fixed-wing drones, too.

SINGLE OR DUAL ROTOR HELICOPTER



A single-rotor helicopter has just one (sometimes two) rotor(s) plus a tail rotor to control its heading and hold it up instead of the many different rotors that hold up a multi-rotor drone. It is a general rule of aerodynamics that the larger the rotor blade is and the slower it spins, the more efficient it is. A single-rotor helicopter is more efficient than a multi-rotor drone, and it can be fueled by a gas motor for even lengthier flights. For now, this style of UAV only fills a tiny niche in the world of drones.

FIXED-WING HYBRID VTOL



VTOL configurations were tried in the 50s and 60s for manned aircraft, often with disastrous results. At that time, they proved too complex and challenging to fly. Today, modern gyros, autopilots, and accelerometers make flying these whacky types of drones possible. VTOLs are so named because they combine the aspects of multi-rotor platforms with fixed-wing drones and transition between the two

modes when they fly. Only a handful of companies manufacture these hybrid fixed-wing aircraft presently, but they still offer a versatile selection for a wide range of military and commercial applications.

DRONES AND LEGAL ISSUES

There are several news stories about people getting in legal trouble for operating their drones recklessly. Special FBI arrested one man in Hollywood for flying a UAV that crashed into and damaged an LAPD helicopter. Furthermore, most drones use lithium-ion batteries, and they can cause wildfires when they crash. In 2018, a drone crash started a 335-acre fire in northern Arizona.

If you own a drone, you will most likely need to register it with the FAA.

RESPONSIBLE DRONE OWNERSHIP

To steer clear of trouble, see the FAA website for registration requirements and information for flying a drone safely. Also, check your local jurisdiction because additional state and local requirements could apply. The following websites should be helpful in that regard:

- https://www.faa.gov/uas/getting_started/
- www.knowbeforeyoufly.org
- www.modelaircraft.org

WHY WOULD A PREPPER NEED A DRONE?

A UAV is a surprisingly useful piece of tech, even in the midst of emergencies. Main ways preppers could use them include the following:

- As a deterrent
- Assessing damage
- For delivering supplies
- Scouting for resources
- Communication
- As a distraction
- Surveillance

For more information on why a prepper would need a drone, see our article *Amazing Ways Drones Help the Self-Reliant* in last month's NSRA update.

10 BEST DRONES FOR PREPPERS BUYING GUIDE

We've flown plenty of UAVs, and this buying guide lists some of the best ones for just about every use imaginable. From an underwater drone to a drone with night vision, here are 10 you'll have to check out before you rush out and buy one impulsively.

1. BEST FOR BEGINNERS: RYZE TECH TELLO



Drones can cost hundreds, even thousands of dollars. For your first foray into the drone world, it's best to buy a more affordable one until you gain enough experience using it. This way, if your drone crashes into a tree or dives into the drink, you're not going to be out a lot of cash. The Ryze Tech Tello is a straightforward flyer that's affordable, fun, and a great compact quadcopter drone for beginners. It doesn't hold back on the tech, either, and features 5MP photos, video transmission capabilities, and a high-capacity battery that offers lengthy flight times. You can buy it for around \$90 on Amazon.

2. BEST FOR KIDS: SYMA 5GHZ HEADLESS DRONE

Priced at around \$200, we have the Syma Headless Drone quadcopter drone. It's suitable for kids because it's easy to use, requires little to no assembly, and is ready to fly out of the box. Features they'll enjoy are the 4K camera that supports 5Ghz WiFi and takes high-resolution pics of 2048 x1080p, a stable live video feed from up to 300 meters, and GPS return home capabilities that keep them from losing it. If you are worried that your child might break their drone when they first start using it, an option to try out is the toy-like Helicopter Radio Remote Helicopter by Wish. At \$14 + shipping, it's a steal while still being feature-rich and fun.

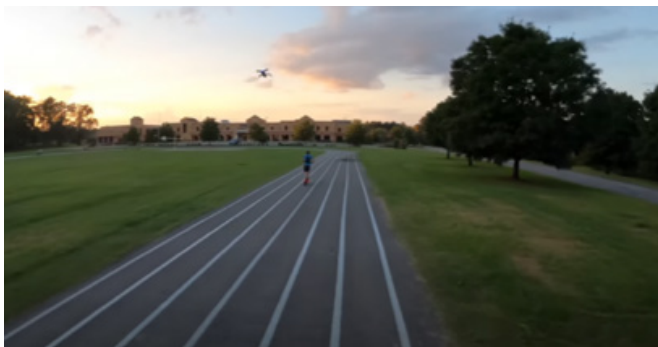


3. BEST FOR RACING: HUBSAN X4 H107C



If the idea of racing drones appeals to your inner daredevil, then the Hubsan X4 H107C quadcopter is the best drone for you. It features a 6-axis flight control system and a camera with a 0.3 MP video recording module included. Since it lists for under \$35 on Amazon (at the time of publishing), it makes it an inexpensive way to get a drone hobby started. Note that Hubsan discontinued the X4 H107C. If you find it is sold out when you go to get one (we imagine it will be at a \$35 price), you can easily find similarly priced racing drones. If you want to splurge at \$500, the Uvify Draco (it's made by the same people that make the IFO Swarm light show) is powerful and fast when used on a straight track. Meanwhile, little Baby Hawks are good for racing around corners and tight courses, and they list for about \$140 to \$160.

4. BEST AUTONOMOUS DRONE: THE SKYDIO 2



“Follow me” drones take the manual operations and guesswork out of flying a drone. Skydio manufactures an impressive example of this type of UAV, and for about \$1,000, the Skydio 2 can be yours. The gadget avoids objects and uses AI to make decisions such as following you around. Additionally, the drone can fly to a set point, record events there, and then buzz back to you – all without anyone having to be at the helm. It’s easy enough for a 3-year-old to fly; however, there are some nuances adults need to know to keep it from crashing, especially during landing. For that reason, we rate this type of drone at an expert level.

5. BEST UNDERWATER DRONE 1



Underwater drones haven’t been around for too long. First up is the PowerDolphin Wizard Water Drone PowerVision at just under \$1,000 on Amazon. The PowerDolphin can capture underwater videos and still pictures. These two features can be used as a pastime or handy if you need to repair underwater pipes or scope out fishing spots. Apparently, they are also good for finding underwater ghosts too, and a drone similar to the one pictured above was used to hunt them in Lake Havasu, AZ by Zak Bagans and his Ghost Adventures crew. The event was featured on the Season 17 episode titled London Bridge (Episode 13).

6. BEST UNDERWATER DRONE 2



The CellBee Underwater Sea Scooter is another underwater drone, and it’s perfect for sheer entertainment value, as its high-powered motors pull you along whether you are snorkeling in the sea or swimming in the pool. It has remote control speed, depth, and lighting. Its high-power battery is airline-approved and lasts 45 minutes between charges. The CellBee sea scooter is also equipped with a GoPro sports camera stand that fits a majority of sports cameras.

7. BEST FOR PREPPERS: DJI MAVIC AIR 2



The Mavic Air 2 is a great drone that has a place in your preparedness planning. It leverages the DJI Maverick Mini in combination with Drone autonomous flight software for only \$800. Also, keep in mind that this quadcopter used to cost twice as much years ago, so it’s totally worth getting it. In a nutshell, it’s a great package for a prepper to take advantage of and use for neighborhood watch, SHTF surveillance, and finding your way home if you are lost.

**8. BEST QUIET DRONE:
DJI PHANTOM 3 PROFESSIONAL**



In apocalyptic times, it's always a bummer when berserkers follow your drone to your shelter; however, flying a quiet drone as high out of sight as you can will cut down on the probability of them doing so. The DJI Mavic Phantom 3 Professional, priced at about \$1,000, is considered one of the most silent UAVs on the market. It owes its volume reduction to a vibration-damping feature. The anti-vibe design is also what makes it a good option for shooting fantastic videos.

**9. BEST TRANSFORMER DRONE:
POWERSVISION POWEREGG X**



We like the PowerEgg X by PowerVision because it converts into a nice handheld camera when it's not buzzing around. Features such as the autonomous personal AI camera, handheld 3-axis AI camera, or autonomous drone make it a natch for high-resolution water sports photography. This all-weather, multi-use drone is also good for landing in inclement weather, as it has waterproof housing and water-landing floats. The PowerEgg also has a 4K/60 fps UHD Camera, an extra battery, and 30-min flight time. This all-weather camera drone costs about \$1,000 on Amazon.

**10. BEST FIXED WING DRONE:
PARROT SWING + FLYPAD**

Next is that the Parrot Swing + Flypad, which sports a fascinating layout, simplicity of use, and

cheap price (it's under \$100). The Parrot also has hybrid capabilities, and it can be flown as either a quadcopter or a fixed-wing drone. This fixed-wing drone is the first mini-UAV that can automatically remove and land at a vertical angle and still be considered a plane. The Parrot Swing can be used for racing, and it achieves speeds of about 20 mph in plane mode. It can also perform unique acrobatics such as loops, 180° turns, and barrel rolls. The Parrot Genuine Disco is another nice fixed-wing UAV, and it costs about \$150.



**BONUS - BEST NIGHT VISION DRONE:
WALKERA F10**

The best drones with night vision are still in their infancy, but there are multiple excellent models on the market right now for your tactical considerations. The three types of night vision drones are infrared, thermal, and low light. The Walkera F10 costs around \$630 on Amazon, and it is our number one pick as the best UAV for seeing in the dark. It is adaptable, sturdy, fast, and maneuverable; plus, it gives a crystal clear image in almost pitch dark conditions. The downside of these types of drones is that they have low flight times, usually around 9-10 minutes. Since they have such a short flight time, they are ideal for surveillance and reconnaissance when working security detail or trekking.

FINAL THOUGHTS

Drones...you've come a long way, baby! We hope you enjoyed our roundup of the best drones for preppers. Note that the world of drones is exploding, and there are different and powerful configurations in the works. Because of that, many new styles are hitting the market all the time. This also makes for price drops on existing technology, so be sure to stay vigilant for opportunities to cut costs on older versions. Another option to cut costs is to buy your UAV used, and places like Amazon, Craig's List, eBay, and Adorama offer great deals on used drones and their gear.

WHAT'S THE BEST MARTIAL ART FOR ME?



Martial arts date back to approximately 480 BCE, which means people have been practicing them for about 2,500 years. Although modern martial arts may not have much in common with the earliest incarnations, the roots have remained the same throughout this period.

Some people use martial arts as a way of staying in shape. Others practice one of the many martial art forms to help their stability and keep their minds sharp. And, of course, some people look to martial arts for defensive or offensive purposes. When it comes down to it, there's a whole host of reasons to do martial arts. Your exact purpose, as well as your age and physical capabilities, will determine what type of martial art you should practice.

In other words, if you've longed to do karate but simply can't do it, don't give up on martial arts entirely. Instead, use this guide to find the right fighting style for you!

WING CHUN

Perhaps you've always wanted to be more like Bruce Lee, but you're not sure how. He practiced the ancient art of Wing Chun, as does Jackie Chan, so that's a good place to start.

Wing Chun is characterized as being soft (via relaxation), but don't get the misconception that it's

11 for people who are weak. On the contrary, you need

to have strong legs and quick arm movements if you hope to defeat your opponents. You must also keep a high but narrow stance and pull your elbows in toward your body. This makes it easier to block blows, and it'll also put you in a good position to attack the stomach, chest, neck, and groin.

KARATE



Karate incorporates light, medium, and full-contact striking. It is newer than many other forms of martial arts, but it is probably the most popular. It will even be debuting as an Olympic sport in 2021. However, it is not meant to be a permanent addition to the games. Instead, it will be added specifically for 2021.

There are four main types of karate: Kihon (basics), Kata (forms), Kumite (sparring), and Dojo Kun (guidelines). A black belt indicates competency in all styles and techniques, and it generally takes three to six years to earn one.

Karate is characterized as using dynamic offensive and defensive techniques. It uses all parts of the body and seeks to employ them to their maximum advantage. However, the true karate master knows that this martial art is all about perfect mind and body coordination. In other words, even a relatively small person can inflict great damage on someone twice their size.

TAEKWONDO

Taekwondo has only been around since the 1940s, yet it has been an Olympic sport since 2000. Kicking is the name of the game with this martial art. Most notably, spinning and jumping kicks, head-height kicks, and fast kicking techniques. These feats require a lot of physical endurance and “stretchability.”

Taekwondo is rooted in the Theory of Power.

This means:

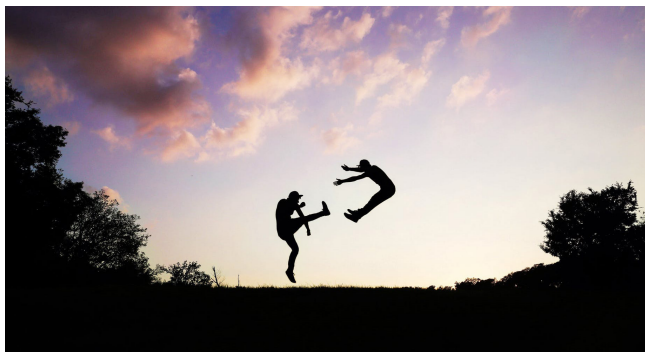
- **Reaction Force** – The kicking limb comes forward while the non-kicking limb moves backward.
- **Concentration** – Using as many muscles as possible to strike in the smallest area possible.
- **Equilibrium** – Using the correct center-of-balance.
- **Breath Control** – Exhaling at the moment of impact.
- **Mass** – Using as much of your body as possible for each strike.
- **Speed** – Speed is considered to be even more important than mass. Get in, deliver a kick, and get out with as much speed as possible.

As you can probably imagine, Taekwondo isn't for everyone. Due to the height of the kicks and the number of flying kicks, this martial art should only be attempted by those already in good physical shape. Trying to learn Taekwondo when you're not ready to do so could result in physical injuries.

CAPOEIRA

Developed in the 1600s by enslaved Africans, this Afro-Brazilian martial art combines acrobatics, dance, and music. It uses complex, acrobatic

maneuvers and frequently involves inverted kicks and hands on the ground. In capoeira, an emphasis is placed on movements that flow rather than using a fixed stance.



Music and dancing were used to hide the fact that the slaves were practicing a fighting technique. When Brazil liberated the slaves in the 19th century, Capoeira was declared illegal. By the 1920s, though, this prohibition was relaxed.

Presently, most Capoeira presentations involve lots of theatrical acrobatics but little actual martiality. If you want to learn this martial art for defensive purposes, you will find it to be a versatile and fast option. It is typically used in circumstances when the wielder is outnumbered and/or technologically disadvantaged.

Using the lower body to kick, sweep, and take down your opponent, Capoeira relies upon an uninterrupted flow. By constantly staying in motion and using feints, the Capoeirista can keep the upper hand. When the opportunity presents itself, the Capoeirista defends using non-resistance and then attacks with unpredictable and quick counterattacks.

SAVATE



Better known as kickboxing, this full-contact martial art involves the graceful usage of kicking and punching techniques. Savate first began in France in

the 19th century when it was used for street fighting. From these brutal beginnings morphed a sport that's relatively safe to learn.

When practicing Savate, there are three forms that are used:

1. **Assault** – Making contact while focusing on your technique.
2. **Pre-Combat** – Full strength fighting with the usage of protective gear.
3. **Combat** – Protective gear, aside from a mouth guard and a cup, are prohibited in this most intense format.

If you're planning to use Savate at a competitive level, there are only four kicks and four punches that are allowed.

Kicks

1. **Fouetté** – A roundhouse kick.
2. **Chassé** – A piston or front-action kick.
3. **Revers** – A lateral or front kick.
4. **Coup de pied bas** – A sweep kick, low only.

Punches

1. **Direct bras avant** – A lead hand jab.
2. **Direct bras arrière** – A rear hand cross.
3. **Crochet** – Bent arm with either hand that hooks.
4. **Uppercut** – Either hand.

KUNG FU

Chinese martial arts date back to the 5th century BCE and Indian Buddhist priest Bodhidharma was likely the founder of Kung Fu. However, it was cultural icon and Chinese-American, Bruce Lee, who was influential in making Kung Fu popular through movies he starred in such as *Enter the Dragon* and *Fists of Fury*.

Based on the term, and on Lee's particular hybrid style of "Jeet Kune Do" Kung Fu, Kung Fu is often thought to mean one particular style of martial art. The truth, however, is that it refers to all Chinese martial arts. In fact, Kung Fu literally means "any skill that is acquired through learning or practice."

HAPKIDO

This hybrid Korean martial art is for self-defense, and it combines throwing techniques, joint locks, kicks, grappling, punches, and striking attacks. Hapkido also uses weapons, including nunchaku, sword, knife, rope, short stick, middle-length staff, and cane.

Close-range and long-range fighting techniques are part of Hapkido, as are percussive hand strikes, jumping kicks, throws, joint locks, and pressure point strikes.

As a medium-level martial art, Hapkido uses hard techniques like Taekwondo and soft techniques like Jiu Jitsu. Even the techniques that are harder, though, use circular movements rather than linear ones.

The three principles of Hapkido are:

1. **Hwa** – Also known as harmony, this principle means not directly opposing an opponent's force and remaining relaxed instead.
2. **Won** – The circle principle requires a natural, free-flowing manner for executing techniques.
3. **Yu** – The water principle refers to the "moving target" analogy. "In regards to a stream, you can't step on the same water twice." In other words, water moving downstream can and will eventually erode everything in its path.

Hapkido focuses on being a comprehensive fighting style. This means there's a wide range of tactics for throwing techniques, standing joint locks, pinning techniques, and striking. It could be said that this martial art combines the best parts of all other martial arts. As such, it also requires the practitioner to be in excellent physical condition.

JUDO

Judo was created in 1882 and has since developed into an Olympic sport. Its origins come from Jiu Jitsu, and it has a competitive element. The main objective is to take down or throw an opponent to the ground, force an opponent to submit to a choke or lock hold or immobilize an opponent with a pin.



Judo has three main techniques:

1. **Atemi-waza** – Striking
2. **Katame-waza** – Grappling
3. **Nage-waza** – Throwing

There are five forms of Nage-waza and three forms of Katame-waza. There are also 10 forms, or Kata, recognized by the Kodokan and several more that aren't recognized.

Interestingly, one of the reasons that a penalty can be given in competitive Judo is because of passivity. Other reasons include preventing match progress, using a behavior deemed against the spirit of Judo, or safety infringements.

AIKIDO



Morihei Ueshiba invented Aikido, which is referred to as modern Japanese martial art. Aikido's primary goal is to help one overcome themselves, rather than to cultivate aggressiveness or violence. The culture of Aikido is to allow people to defend themselves while also giving the attacker a way to be protected from injuries. This follows Ueshiba's mixture of religion, philosophy, and martial studies.

Aikido was developed during the late 1920s, and since then, it has evolved into many different styles. The most popular style comes from the Aikikai Foundation, which is still ran by Ueshiba family members.

The study of Ki is one of the most critical elements of Aikido, and the term refers to mental and physical training.

Aikido places less of an emphasis on strength training than does most martial arts. It focuses instead on the correct movement of joints, controlled relaxation, and endurance. Weapons also have a place in Aikido with a knife, sword, and short staff among the weapons used.

No matter which form of Aikido someone decides to study, it will be rooted in philosophy and spirituality. Therefore, if someone isn't interested in one or both of these things, Aikido isn't the martial art for them.

JIU JITSU

Jiu Jitsu is a family of martial arts. It is a close combat style that is performed either unarmed or with a small weapon. Its purpose is for offense or defense and, when taken to the extreme, can actually be used to kill someone.

Jiu Jitsu requires the practitioner to learn how to use their opponent's force against themselves. This is a guiding principle of this martial art and is much more important than simply confronting someone with your own force.

As a martial art that dates back to 710 CE, Jiu Jitsu has understandably gone through several changes. For instance, one version of Jiu Jitsu evolved into Judo. In traditional Jiu Jitsu, practitioners are trained to use crippling or even fatal moves. However, at a competitive level, this is greatly minimized so that otherwise dangerous falls are relatively easy to deal with.

TAI CHI



Some people don't think of Tai Chi as a martial art, but it's actually taught for defensive training, along with meditation and health benefits. Of course, the version that's most frequently taught today is more about your health and less about fighting. The practice dates all the way back to 475 BCE.

There are four elements of Tai Chi:

1. **Taolu** – Solo hand and weapon forms.
2. **Neigong & Qigong** – Meditation, movement and awareness exercises, and breathing.
3. **Tuishou** – Response drills
4. **Sanshou** – Self defense

Studying Tai Chi involves three main principles:

1. **Health** – You must be in good physical and mental health to use Tai Chi for self-defense. Therefore, this particular principle involves getting yourself into a state of good mental and physical health.
2. **Meditation** – It is considered necessary to cultivate calm and focus through the meditative aspects of Tai Chi to maintain optimal health.
3. **Martial Art** – Using Tai Chi as a martial art requires a lot of training and is quite difficult. You must learn to yield and stick an incoming attack instead of attempting to meet it with an opposing force.

Over the last 20 years or so, Tai Chi in the U.S. has grown to be used solely for mental and physical health. Even if you can't take it past this point, this is still a great exercise method. It's also perfect

for people who are older or have certain physical limitations.

KENJUTSU



Photo Credit: HandsLive, via Flickr

This umbrella term for Japanese swordsmanship is particularly notable for Nitōjutsu. As a method that uses two swords, it's gained a lot of popularity and can be used in various forms of martial arts.

KENDO

This semi-contact Japanese sport evolved from Nitōjutsu. In this martial art, practitioners only use one sword each. While practicing Kendo, practitioners will combine martial arts activity with a sport-like, strenuous activity. There are more than 1 million followers, and it has been taught in Japanese colleges since 2012.

Kendo training is very loud, especially when compared to other martial arts. This comes from the practitioners shouting and stomping their front foot. The purpose of this is to “express their fighting spirit” when striking.

In 1975, “The Concept and Purpose of Kendo” was published by the All Japan Kendo Foundation.

From their book:

- **Concept:** Kendo is a way to discipline the human character through the application of the principles of katana.
- **Purpose:** To mold the mind and body; To cultivate a vigorous spirit
- **And through correct and structured training:** To strive for improvement in the art of Kendo, To

hold in esteem courtesy and honor; And To associate with others with sincerity.

- **And to forever pursue the cultivation of oneself:** Thus, one will be able:

To love one's country and society; To contribute to the development of culture; And to promote peace and prosperity among all people.

MUAY THAI

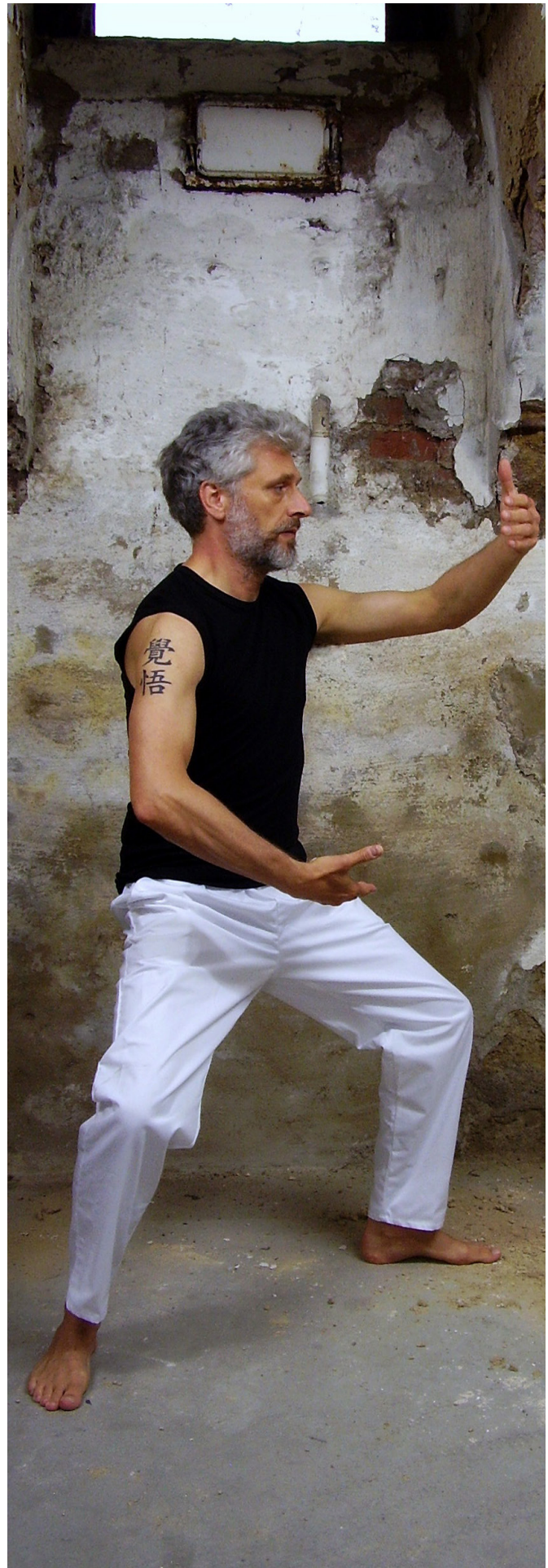
Also known as Thai Boxing, this discipline is called the “art of eight limbs.” Practitioners traditionally used shins, elbows, knees, and fists. In modern times, though, Westerners have added in some kickboxing elements. It became popular in the 16th century when it was employed as a peace-time martial art. By 2020, it had become so popular, that Muay Thai boxing gyms popped up in more than 3,800 locations overseas.

Even though approximately 200,000 children practice this sport, it's critical to be aware that injuries are common. Additionally, professional Muay Thai has become something of a sham with gamblers often offering boxers money to fix their match.

Because it's a full-contact sport, it requires a heavy focus on body conditioning. One aspect of the body that's used repeatedly in Muay Thai is the shins. As such, practitioners will condition their shins by hitting something over and over again with them. Due to the rigorous and difficult training, many professional fighters have a very short shelf life.

WHICH MARTIAL ART IS BEST FOR ME?

Realistically, only you can determine which martial art will be best to fill your needs and interests. A word of advice, though: if you're not in great shape, consider starting with basic Tai Chi before you move on to a more competitive format.





How to Beef Up Security with Cameras

A home surveillance network has never been more important than it is right now. With people becoming increasingly desperate to make a buck, the urge to do something illegal is only going to grow. Therefore, you must take steps to protect yourself with security cameras.

Internet vs. Wired: What System is Best?

There are a lot of debates online about what type of security system to go with: Internet or wired. The best answer for you really depends on what you're getting the system for. Do you want to watch your home while you're away at work? If so, an internet-based system is best. Are you worried about being able to access the recordings during a blackout? In this instance, you'll want to go with a wired system.

Ultimately, cameras are only as good as the system they're hooked into. Many survivalists say that going wired is your best bet. Of course, if there's an extended power outage, neither type of security system is going to hold up.

Nest and Alexa: Yay or Nay?

If you're like most people, you've become used to the convenience of using Amazon and Google for almost everything. When it comes to safeguarding your home, though, you might want to think again. Nest (Google) and Alexa (Amazon) are amazing inventions, but they also record the audio that's going on inside your home on a regular basis.

Although neither Amazon nor Google reports using these recordings for anything other than improving their system, various users have become very uncomfortable with them. From a survivalist's point of view, there's nothing worse than giving inside access to a large corporation... aside from

paying them for the privilege, that is. Seeing as how it's better to be safe than sorry, it's probably best to steer clear of Alexa and Nest.

Choosing Your Setup

Once you've determined whether to use an internet or wired system, and whether or not to go with Nest or Alexa, you'll be ready to actually take the plunge. Security systems are much cheaper now than they used to be, but it's still not going to be super cheap.

Yet at the same time, you don't want to get the most inexpensive cameras because their resolution just simply won't measure up.

The Brinks Home Security system provides a lot of peace of mind as it's fully monitored. Again, though, this will only go so far. You have to ask yourself if you want a team monitoring your security or if you want to put up cameras and keep an eye on your place on your own.

Once you've made all of these choices, you'll be in a good position to beef up your home with cameras. Keep in mind that simply owning cameras isn't enough to keep all the bad guys out. That's one of the benefits of going with a fully monitored system. After all, some criminals quite simply don't care and believe that they will be out of the house long before police or security can respond.



What About Fake Cameras?

Some people put up fake cameras that look real. This doesn't provide any security, but it does give you the appearance of having security, which can be enough to dissuade many criminals.

The odds are high that you're being "monitored" by cameras that aren't actually recording every time you go out. For example, many cities no longer use their red-light cameras, but they're still installed. However, unless you are 100 percent certain that the cameras aren't operational, you probably treat them as if they're the real deal. This same basic thought process goes into using fake cameras at home.

If you decide to use fake cameras due to the cost of investing in a real system, make sure they look real. If possible, obtain a real security company's sticker or sign to put up too as this will really sell your fake system.

Inexpensive DIY Security Techniques

Using a door stop alarm is a great way to keep people out of your home. By using a metal plate, your DIY system can tell when someone opens your door, and it sets off a loud alarm. Talk about inspiring criminals to dash out of your home!

Another great way to protect your home without spending a ton of money is by using a DIY home security camera. This method requires you to build a base and then use a cheap camcorder. Hook up the wires to a TV set, and you're all set! The next time someone knocks on your door and you're not expecting anyone, glance at your hooked up TV first to see if you want to open the door.

If you don't want to get into cameras, you can actually create a mini door alarm without needing many parts or much knowledge. To see a simple tutorial on how this alarm works, search for Simple Door Alarm tutorials on YouTube.

Beef Up Your Security

Okay, now that we've talked about the pros and cons of various systems, along with how to do it DIY-style, let's look at beefing up your security the traditional way.

In order to make this work, you're going to need at least one good camera. A better system will have several cameras, of course, and probably a few door and window alarms. Although many survivalists are DIYers, I'm going to tell you right now that the best way to make sure everything is setup correctly is to use a professional service.

Having a professional come into your home also comes with the added benefit of being a deterrent on its own. Keep in mind that most criminals do not go far from home, so some of them are bound to see the professional in action. Once a security company van parks in your driveway, your home will almost certainly be crossed off the list of potential targets.

Do you want to beef up your security even more? Aside from making sure multiple cameras are installed, be sure to get a large dog too. That's a one-two combo that's going to keep people away unless they've hit the point of sheer desperation. Even then, they're probably going to turn to your neighbors' houses instead.

Monitoring Your Home

Even during the coronavirus, you can't always be home. Therefore, you're going to need to develop a monitoring routine. And yes, you'll want to monitor your home before someone breaks in because this may just give you the opportunity to prevent them from doing so.

Watching endless video of your front or back door is going to get boring really quickly. Therefore, we recommend watching it on high fast-forward. If you see someone snooping around, you'll want to bring the video back to regular play mode.

Try to determine if they're really casing your home or simply showing an interest in your flowers. The difference between these two acts should become relatively clear, especially if they keep looking past your flowers and to your door.

As soon as someone suspicious appears on your video, it'll be time to get your surveillance into high gear.



Don't expect a criminal to look as silly and clichéd as in the nearby picture. It sure would be great if they all announced their intentions that way, but it just isn't realistic. Instead, look for people trying to fit in but not quite pulling it off.

Once you've determined that someone is likely casing your house, you can still take action to prevent them from going through with it. First, make sure you have visible cameras on multiple surfaces. Next, if you're not already using an alarm system, be sure to install one. Even if it's the simple DIY version mentioned above, it'll be better than nothing.

Finally, monitor your system more closely. If you happen to see them again while they're still outside, you can open the door and stare directly at them. To make it even better, stare at them for a few seconds and then pull out your phone. They won't know who you're calling, but their guilty conscience will convince them it's the police. By taking these actions, you'll probably prevent your own house and your closest neighbors from dealing with a criminal.

“The prime time for burglars is morning to mid-afternoon. Between 12:30PM and 2:30PM was an especially popular choice.”

Do You Really Need a Camera?

According to real-life criminals, the answer is yes. Some of them did see a camera system as an indicator that there was something worth stealing, but almost all burglars reported that they still scare them off. Interestingly, there are quite a few other things that this group of criminals reported on, as well.

For instance:

- If you have an NRA sticker on your car, this indicates to the criminal that you have “lots of guns to steal.” In other words, letting people know that you have guns may not be the deterrent that you would think.
- Never leave a window or door unlocked. In almost all cases, this is how the criminal gained access to a house.
- The prime time for burglars is morning to mid-afternoon. Between 12:30 pm and 2:30 pm was an especially popular choice.
- Home security alarms don't scare criminals away nearly as much as cameras. Several of them weren't fazed at all by a home security system as they know how to disarm them.
- A big dog, however, is a big deterrent. If your dog is small, though, don't expect it to make any difference at all.
- Every criminal surveyed said that they would knock on the door before attempting to break in. Answering the door is, therefore, one of the best lines of defense. Just make sure your screen door is always locked.
- Although home security systems didn't do much, the presence of an alarm caused almost everyone to bail immediately.
- Surprisingly, the simple act of turning on a radio or TV before going out will be enough to keep your home safe in many situations. But don't leave lights on with all the blinds closed. This indicates to a criminal that you're probably just trying to scare them away.
- If you have a spare car, leave it in the driveway when you're not home. This almost always indicates someone is home, and the vast majority of burglars don't want to interact with a homeowner.



- One thing we can't possibly say enough is how important it is to keep your yard tidy. If your bushes are large and overgrown, this is an invitation to a criminal. Interestingly, some criminals stated that "very reserved and conservative neighbors" would also make a home more likely to be selected.

Overwhelm Them with Cameras

Again, the main takeaway from the section above is that security cameras really do scare off most criminals. They're much more effective than a security system without one, so make sure you beef up your security by putting cameras everywhere.

Yes, this means that you need more than one camera. Even if only one of them is actually real, the appearance of many cameras will scare them off even more. Why take a chance on your property when the one down the street has no cameras at all? It just makes good sense.

Stay Ahead of Criminals

The best way to keep your home from getting broken into is to stay at least one step ahead of criminals. This means having cameras and a big dog. Or, at the very least, giving the impression of having working cameras and a big dog. If you want to keep your house uncompromised, though, it's best to invest in a mixture of technology and good old-fashioned dog barking.

Some things will keep changing, but the basics will always remain the same. No criminal wants to be caught on camera, and they want even less to end up as a snack for an aggressive dog. Whether you're taking security precautions for today or investing in them for the future, you can't go wrong when you carefully formulate – and enact – a plan that's been designed to scare off most criminals. Now get out there and put your plan into place today!

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