

In this issue

Eric's Rules to Live By
Urban Mantracking
Civilian First Responder Disaster Triage
Surviving Walmart



SPECIAL EDITION – URBAN STRATEGIES

August, 2019

The Bulwarks Bugle

Upcoming Events

Foundations of the Self-Defense Carbine

August 17, 2019 at 9:00 AM
Key Range, Glasgow, KY 42141

Foundations of the Self-Defense Carbine

August 31, 2019 at 9:00 AM
Red Hill Range, Martin, GA 30557

Foundations of the Self-Defense Handgun

September 14, 2019 at 9:00 AM
Raven Defense, Murray, KY 42071

Developing a Defensive Mindset

September 15, 2019 at 1:30 PM
133 War Admiral - Danville, KY 40422

Speed and Accuracy Preservation I

September 28, 2019 at 9:00 AM
Key Range, Glasgow, KY 42141

Tactics of the Self-Defense Handgun

October 12, 2019 at 9:00 AM
Raven Defense, Murray, KY 42071

BAM! (Bulwarks Alumni Meet) 2019

October 18, 2019 at 4:00 PM
Key Range, Glasgow, KY 42141

Eric's Rules to Live By

Color Codes of Awareness. You are probably doing it wrong.

Editor's note: this article was prepared earlier this year, and is not subject to current events.

Well, maybe not. As I troll the vast coves and crevices of the interwebs there is a segment of the self-defense realm that thinks that self-defense ends at the moment that the "tactical scenario" ends. I think the concept goes way beyond dealing with a wayward miscreant in a life or death duel. Let's break the concept down, color by color, and maybe open some eyes a bit.

While I was working on this article another senseless mass shooting in Cincinnati was executed by a spineless troll.

Make no mistake this was not an isolated occurrence of unawareness, but in this particular case a young lady walked into the area where the troll was claiming its victims, and she simply didn't see the danger of the snare that awaited - and it cost her her life.

"White" is our first color. This color is one that's only explained simply for information purposes, and not something one wishes to find themselves in (other than on a week night at home with the alarm on, dog at your feet and defensive tools within arms reach). Condition white is explained simply as "unaware". Becoming all too familiar in today's time of unmerited safety, the "Condition



WHITE

The lowest level. You are 'Switched Off' and unaware of what is going on around you and really not ready for anything. Reasons affecting why one may be in this condition may include; sleep, fatigue, stress, or impairment due to drugs/alcohol.

YELLOW

You are alert and aware but also calm and relaxed. You are alert to the surroundings (and environment) and to the people who occupy it and to their body language. You are alert, not paranoid. In this state it is difficult for someone to surprise you.

ORANGE

A heightened level of awareness. You sense that something is not right. This is the time to evaluate and to formulate a plan. Evasion and diffusion works best here before the next level.

RED

The fight is on! You are taking Decisive and Immediate action! Recognizing attack rituals and set-ups helps one to avoid this level.

White Victim" has no alternative other than to become another year-end FBI statistic.

Now, one shouldn't think that simply paying attention to some degree gives a person a license to assume that all bases are covered. A term used by folks in the business of paying attention to things is "low-latent inhibitions". LLI is perhaps better defined for our use as "hiding in plain sight" and/or better described as dismissing oddities in our everyday world. For example, noticing a clue around the house – maybe something left out that you *know* was put away, but dismissing that clue as simple forgetfulness. Not dismissing these little clues is developed through training the brain to notice details many filter out as "useless" information.

Assuming you're reading this inside, look up. See the ceiling? Now, look again and note the thousands of details your brain initially filtered out. The brain is by default very lazy, but if you tell it to pay attention - it **will**.

That brings us to our next color code – "yellow". This condition is described as "relaxed awareness". No particular issue is noted, but your inner passive radar, your trained brain, is looking for changes or blips on the radar. This condition is a lot like Fido at your feet,

seemingly sound asleep, but if you snap your fingers or rustle a potato chip bag, his ears immediately start moving. Cats are good at this too. Make a squeak and see what they do. The Bulwark's Mindset has some great exercises to develop this condition. Q, who is 5 years old now, will recite "stay alive" every time someone says "stay alert". Took practice.

Our next level is "orange". Remember Fido, back in yellow? Orange is the ear-twitch. We also talked about the passive radar, too. So, you're an over-worked flight controller on the nightshift at a quiet airport and you pick up a blip on the radar. It's just a blip. Who is it? What is it? When did I first notice it? Where did it come from? Why is it here? Here is where we "plan the work". Get those questions answered then you can develop a plan. "Yup, that's a potato chip bag. Wonder if I can talk Dad into sharing them with my big sad brown eyes?" In the self-defense realm, this is someone walking in the room. May or may not be an issue, but it's noted (Oh, it's Fred coming back from his break). Right here the line between "orange" and the next color is debated. There is an imaginary line referred to as "pre-reactionary gap". This gap has to be there, unfortunately, because we're the good guys. We don't walk around with guns out ready to "go". Basically we have to "wait" for the first illegal move to be made before we can act. First we have to note the assault, then act on the plan, which moves us to the next color. If you search YouTube for "Security Officer Involved Shooting at Florida Internet Café", you'll find a video of my personal hero making the transition from yellow to our last color.

Lastly, we have "red". Red is where we realize that the blip on the radar IS a problem we have to deal with (in this case it *isn't* just our wife and we're eating ice cream *directly out of the container* and we have to get it put away before she comes in), and it's the **real deal**. Whatever clues we picked up by our trained brain told us we need to do something **RIGHT NOW!!** We now work the plan. "If he does this I will move 'here' and act." Note that these colors are not specifically about gunfighting. Could be that 4,000 pound car heading on a collision course with us at a traffic intersection, and we have to hit the brakes or gas to save ourselves. The color "red" is **act**. It can be as simple as avoidance, or as complicated as engage.

When we're good at these, we will spend most of our time in conditions yellow and orange, transitioning back and forth between the two, with the occasional slip up or down to red or white. We need to remember to limit our time in orange as it can be exhausting as well as mentally corrosive.

Civilian First Responder Disaster Triage, by Jason Reed, RN, MSN, CEN, AEMT

Civilians and first responders will most likely be the first personnel to arrive to a disaster and/or mass casualty event. A disaster is a “sudden, calamitous event that seriously disrupts the functioning of a community or society and causes human, material and economic losses that exceed the community’s or society’s ability to cope using its own resources.” During a disaster of any type, multiple patients with several severe injuries, may present the civilian first responder with a dilemma of who to treat first and why. During a mass casualty event, we act very utilitarian, the goal is to do the greatest good for the greatest number. Our main focus is staying safe and rendering aid to ourselves and loved ones, while seeking cover and calling for help. If the threat is gone and/or the scene is considered safe, civilian first responders can use triage tools to quickly classify victims during a mass casualty event. Utilizing a triage system, such as SALT or START, can aid in the sorting of patients and delivering aid to the most likely to benefit. The SALT (Sort, Assess, Lifesaving Intervention, Treat/Transport) triage tool can offer a simple and standardized framework to getting help to the most patients during a horrific life changing event and improve outcomes. The idea behind SALT triage is to get patients moving away from the incident and towards definitive care. Rapid prioritization of patients, using a global sorting framework will allow efficient assessment, treatment, and transport of patients.

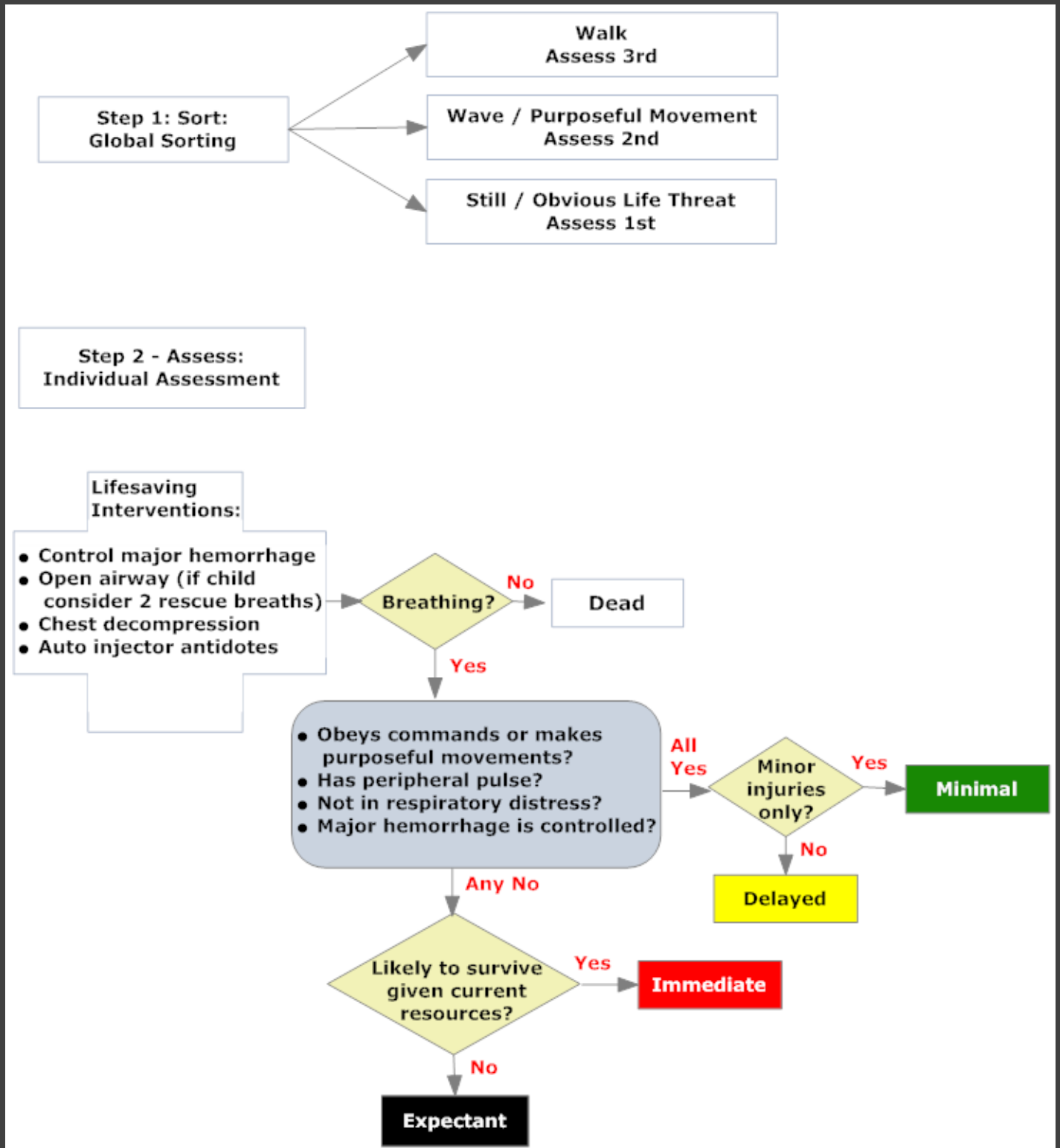
SALT Triage tool is simple. First step is sorting, announce in a strong, loud, clear voice “Everyone who can hear me, move to (safe designated area) and we will help you.” The patients who respond first (walkers) will be the last priority and are assessed last. These Walkers may be used to help move more critical patients to the designated safe area. To the patients who have remained in place (wavers), announce “If you need help, wave your arm or move your leg and we will be there to help you as soon as we can.” These patients who are following commands, but cannot move themselves, are the second priority for assessment. The last group of patients who are not moving or communicating (Still), are the priority for assessment and possible treatment. The second step is assessing and providing care. Assessment of life saving injuries and determining the need for an immediate intervention is completed with simple yes-and-no questions. For example, if we assess and find a life threat, such as uncontrolled bleeding, we can apply a tourniquet, and move on to the next patient. When you assess and find a life threat you should provide a lifesaving intervention if it does not take longer than a minute and does not require you or another EMS provider to stay with the patient. If a patient’s airway is closed, open it. If that patient is a child or infant, consider giving them two breaths. If you are an ALS provider, it may be appropriate to provide needle decompression, auto-injector chemical toxin antidotes or other lifesaving interventions that take less than a



Jason Reed, RN, MSN, CEN, AEMT
Consultant for The Bulwarks.

Jason Reed is a flight nurse who has been in critical care and emergency medicine for the past 14 years. His clinical experience includes acute, chronic, critical, and emergency care, in patients from all age ranges. His passion is trauma care, cardiovascular and pulmonary emergencies, and education. Currently, he practices as a flight nurse for a large level-1 trauma system in Middle Tennessee and is nursing faculty at a large university in East Tennessee.

Jason sits on the faculty of a Critical Care Paramedic Program and teaches Critical Care Nursing (Clinical) and is a member of the Emergency Nurses Association.



minute to administer and do not require you to stay with the patient.

We are trying to maintain forward momentum of patients towards safety and definitive care, the casualty collection point. This means you are only able to provide interventions if you have the resources immediately available. We can not stop during an assessment or lifesaving intervention to go fetch equipment or restock supplies. As we move through assessing and treating patients, we can designate them with a universal color-coded tag.

Dead: Black Tag	Expectant: Grey Tag	Immediate: Red Tag	Delayed: Yellow Tag	Minimal: Green Tag
<p>Adult patient is not breathing after opening airway.</p> <p>Child is not breathing after opening airway and giving 2 breaths.</p> <p>Patients tagged DEAD do not move forward from the point of injury to the casualty collection point.</p>	<p>A "no" response to any of the questions about pulse, breathing, hemorrhage and mental status, but the patient is unlikely to survive given the available resources means the patient should be tagged Expectant. These patients should receive treatment resources only after the Immediate patients have been moved forward.</p> <p>Examples of expectant patients include head injury with exposed brain matter, carotid artery hemorrhage or burns to 90 percent of the total body surface area.</p>	<p>Does the patient have a peripheral pulse?</p> <p>Is the patient not in respiratory distress?</p> <p>Is hemorrhage controlled?</p> <p>Does the patient follow commands or make purposeful movements?</p> <p>A "no" answer to any of these questions and a field provider judgement that the patient is likely to survive given the available resources means the patient should be tagged Immediate.</p> <p>Immediate patients move forward to the casualty collection point first.</p>	<p>Does the patient have a peripheral pulse?</p> <p>Is the patient not in respiratory distress?</p> <p>Is hemorrhage controlled?</p> <p>Does the patient follow commands or make purposeful movements?</p> <p>A "yes" response to all of these, but the injuries are still significant, such as a proximal long bone fracture, then the patient should be tagged Delayed.</p>	<p>"Yes" to all of the same questions about pulse, breathing, hemorrhage and mental status, but the patient's injuries are minor, such as minor abrasions and lacerations and the patient should be tagged Minimal.</p> <p>Most Minimal patients should have moved forward during the sort of Walkers from the Wavers and the Still.</p> <p>Remaining Minimal patients are the last to move forward and they may help move other patients forward to treatment and transport.</p>

As patients are assessed, interventions completed, and tags applied, the movement to the casualty collection point continues. Once EMS, Fire, and Police start to arrive, patients should be funneled towards the treatment area. SALT triage isn't a perfect system, but it gives us a tool to use during the chaos of a mass casualty incident.

~ Jason Reed, RN, MSN, CEN, AEMT

References:

International Federation of Red Cross and Red Crescent Societies
US Department of Health and Human Services; SALT Triage
EMS1.com. How to use SALT Triage

Visual Mantracking in an Urban Environment,

by Craig Caudill of Nature Reliance School

I am often asked, “Can visual mantracking operational techniques be utilized in an urban or suburban environment?” In short, it is a definite, yes! In visual mantracking we classify three types of sign: ground, aerial and “other”. Nothing changes for us in a cityscape setting, but the number of opportunities to find sign certainly dwindles. The old-school method of step-by-step tracking (where you find each individual footfall before moving forward) is a great training method, but does not serve us well when our goal is to shorten the time and distance gap between us and the quarry.

One vital aspect of visual mantracking as it pertains to any environment is to determine the direction of travel of the quarry you are tracking. It is imperative that if we are to move forward on a track line, we must know the proper direction the quarry is traveling. When any quarry goes from one type of ground medium into another, there is always an increased amount of ground sign opportunity. This is true in a rural setting, such as going from an open field to a forested area. It is also true when you go from a parking lot to a grassy utility strip next to a sidewalk, from a gravel drive into a paved lot, or similar.

Track traps are another important aspect of visual man tracking that can assist you in a cityscape area. Track traps are areas in which there is a high likelihood of finding sign. Again, in rural operations this is around soft ground such as puddles, creek beds, or exposed earth. In the cityscape, one of the best track traps to look for is grease spots in parking areas. This is where grease, oil, anti-freeze or similar vehicle fluids drips and forms a small patch of medium that is softer than the parking area it sits on. While the concrete or blacktop do not readily give up sign, those spots will.

If all of this seems confusing, let’s put it into a practical scenario. Let’s assume you are a law-enforcement officer who receives a call of a burglary at a Speedway Convenience Store. The information you are given on site is that the perpetrator left on foot towards the side of the store and out of visual sight. Your quick visual inspection of the area finds that there is a distinct tread pattern in a grease spot at the edge of the parking lot. With ample visual tracking training and skills, you believe the track is of someone running. That gives you direction of travel and knowledge of distance between foot fall. Upon further inspection you notice that some of the grease has been transferred to a nearby sidewalk, so you visually assume the robber has continued that trajectory. As you walk along that line you find one small amount of grease continuing in that direction. You also hear dogs barking ahead of you in the same direction. If you have other officers in route to provide a perimeter, you can direct them into that area.

This is not an exact science, but it does statistically put you in a more favorable position to find the quarry you are looking for. Other possibilities of finding sign include, the gravel pileups in the corners of parking lots, grass carried from a yard into a street, clothes snagged on fences that are hopped, cell phones and hats that are dropped. Each of those will often provide with you with enough field evidence that offers direction of travel.

~ Craig Caudill, Author and Educator



Craig Caudill, author and educator; consultant for The Bulwarks.

Craig is currently an educator with Nature Reliance School, an outdoor education organization specializing in teaching to a wide audience.

He teaches military personnel as well as everyday citizens how to avoid trouble and what to do when you can’t avoid it. Craig puts it all together in a sensible way, step by step, for almost any scenario—from getting lost alone to extreme group tactics.

You can check out Craig’s course offerings on his website:

<https://www.naturereliance.org/>

If you have any questions for Craig regarding mantracking (or any other survival skill), email him at

info@naturereliance.org

Surviving Walmart,

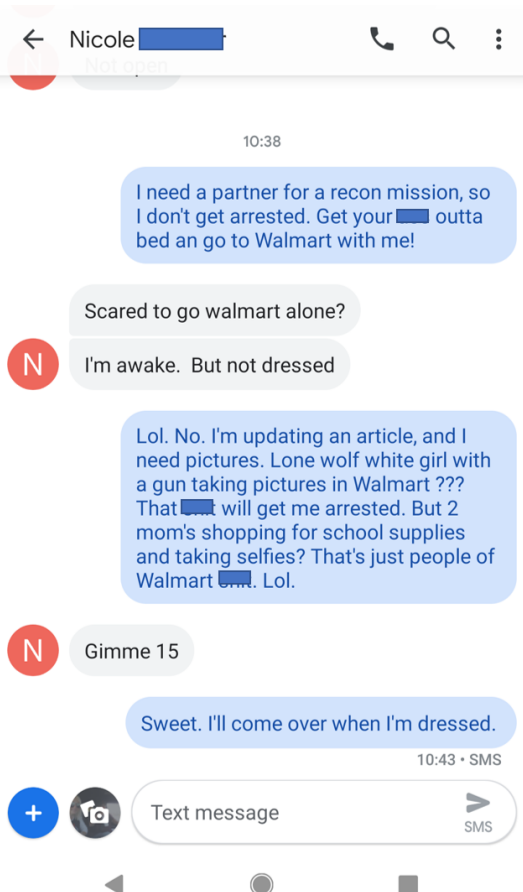
by Karen Farthing, Bulwarks Instructor

Walmart is a dangerous place – in more ways than one. It's designed like a great big Skinner Box, and the customers are the rats chasing the cheese. I go into sensory overload in there, and, until last week, I had managed to avoid stepping foot inside for almost a year. But the lure of everything in one place sucked me in, and I found myself pushing my buggy down the aisles, trying desperately to escape as quickly as possible.

A lot of crime happens in Walmart, both inside the store and in the parking lot. And a lot of people die there, too. Excluding active shooter incidents like the country witnessed this week, most Walmart deaths actually occur outside. Walmart Corporate has a policy of allowing anyone to park on their lot for any amount of time. This results in multiple deaths per year of mostly itinerant or transient persons; mostly from drug overdoses in a vehicle. However, vehicular assault is not uncommon, nor are fist-fights, stabbings, and shootings. My friend Spencer Keepers has a saying: if you want to outlaw crime, outlaw parking lots.

Why is there so much crime in and around Walmart? Well, the answer can get complicated. Walmart does not have any type of security, outside of "loss prevention". They don't even have door greeters anymore. In some cities, local police departments have set up satellite offices inside the store, because their officers were tied up there so often. Another reason is that everyone goes there. Everyone. This includes shoppers, homeless people trying to get out of the weather, thieves, and people who are just trying to kill some time. I mean, they have wi-fi!

I originally wrote a much different article. However, after the shooting in El Paso yesterday, I decided to do something else. I sent my friend Nicole this text this morning (because we all have that friend who's the "ride or die" type):



(Please don't judge – I blocked out the bad words.)

Our goal was to take pictures of every entrance and exit we could find, without getting arrested for casing the joint. We succeeded, but not because we were particularly sly. Literally everyone we encountered was wandering around in condition white.

First, we drove around the building, starting at the Garden Center, past the front doors, around the area for curbside pick-up, all the way around the back, and around the tire center. Taking pictures. Then we parked.

We walked in through the Garden Center – taking pictures. We walked the entire perimeter of the store – taking pictures. Our only "camouflage" was a buggy with a backpack in it.

We weren't quiet. We were almost painfully obvious. Not a single person asked us what we were doing, or even looked sideways at us. It was almost sad. I was worried about getting arrested, and we didn't get noticed.

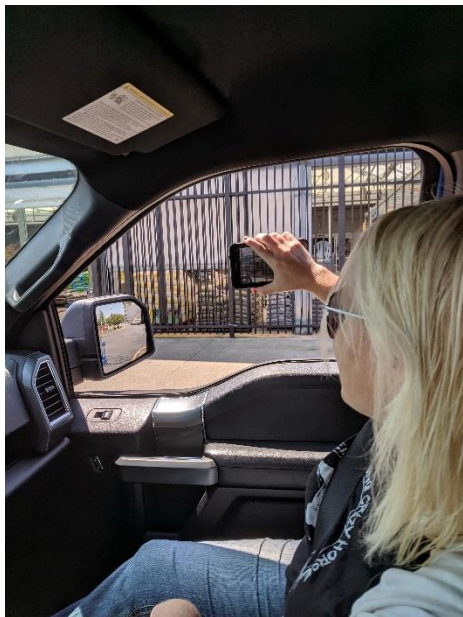


Karen Farthing, Instructor for The Bulwarks.

Karen started shooting in 1976 when she got her first rifle. She enlisted in the military in 1989, and continued training with the rifle until 2006 when she left the service. She's a fan of long-distance marksmanship, and will make you train with irons at 800 yards before she'll train you with a scope.

Karen served in the Marine Corps and the Army. She has been an intelligence analyst, an interrogator/translator, a HAWK missile system operator, a clerk/typist, and a Military Police NCO. She spent the bulk of her time in Operations and Training billets, and has been a military firearms instructor/coach, a formal schools coordinator, as well as working drug interdiction, PSD, and MMSO. Her last deployment was as the Operations Sergeant for a Military Police company in Baghdad.

Karen is a Bulwarks graduate, a Rangemaster EDP graduate, an NRA Certified Rifle Instructor, an NRA Certified Range Safety Officer, and a Sabre Certified Self-Defense Instructor.



Nicole taking pics from the truck.

The following pictures aren't inclusive of every entrance and exit outside, because I ran out of space. However, please note that there are many ways out. Also, don't forget that the buggy corral is OPEN. If you're in the front of the store, you can duck out this way for a quick exit, and you'll have concrete between you and a shooter.



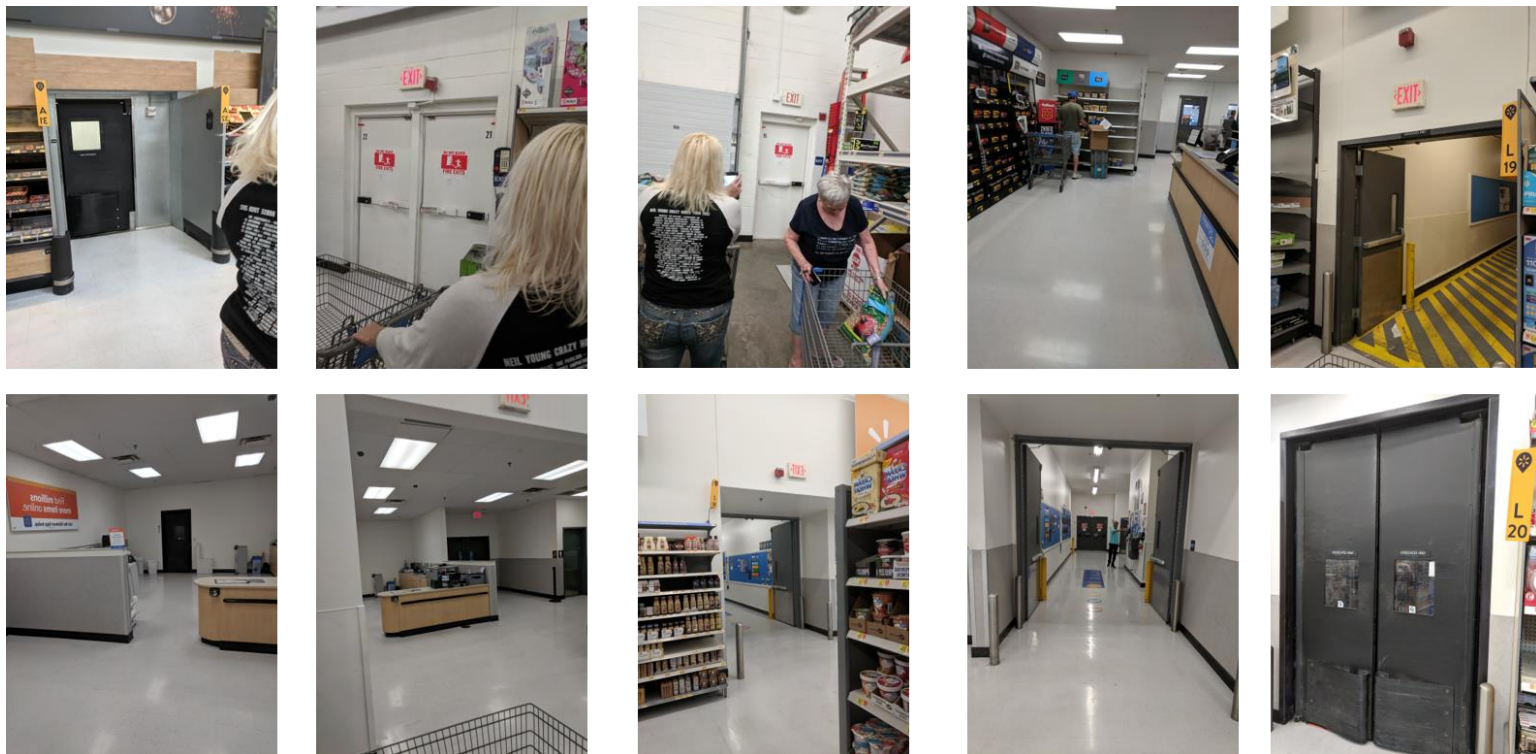
Above, pictures of the front. Below, pictures of the sides and back.



Next we have some shots of what the doors look like from the inside. Again, not all the exits are pictured. I just want to point out what they look like, and what you should be looking for. White doors with red lettering stating "Do Not Block – Fire Exit". Black doors marked "Associates Only". Black rubber sheeting or swinging doors with no markings.

This may sound like common sense (because it is), but how many of us actually look for these things when we're shopping? How hard would they be to find when you're under stress and dealing with the panicked people around you?

So, tip number one when inside Walmart – head for the walls. There are LOTS of doors there.



Now that we've done the recon and we know how to get out, we can start formulating a plan for use in an emergency. Said emergency could be anything from a fire, to an explosion, to an active shooter.

We have three options: run/escape, hide/evade, or fight. (Technically surrender/die are options, but that's not for me.)

Run/Escape Know where you are. Start heading for the walls. Keep your eyes and ears open for sounds of gunfire, and head away from it. Try to avoid staying in one aisle for too long, since the shooter will have a clear line of sight directly to you, and there's nowhere for you to go. Find a door like the ones pictured above, and USE IT. You may end up in an employee only hallway, but you've now got a door and a wall between you and danger. Reassess, and find the exit.

Hide/Evade If immediate escape isn't possible, you may have to hide. **STAY OUT OF THE BATHROOMS.** They're basically kill rooms – one way in, one way out, nowhere safe. The bathrooms to the rear of the store are adjacent to an exit, however. Keep that in mind. Store shelves are NOT cover – they're barely concealment. You can and probably will get shot through a shelf. The freezers, however, make better concealment, and passable cover. They're normally stacked back to back, and there's a lot of metal in there. The floors of the bakery and the deli, behind the counter, make passable concealment, and are normally near exits. Hide there if necessary, and then get out.

Fight Pick your ground. Whether you're armed or not, use cover and concealment when possible. There are sometimes concrete pillars in the aisles that can be used as passable cover, but not for long. If you're armed, do what you gotta do. If you're unarmed – arm yourself. You're in a store full of weapons. My go-to departments are automotive (lots of solvents, sprays, and tools), camping (STERNO, stakes, rope, stabby stuff), hardware (tools, adhesives, solvents), and household cleaners (bleach, wasp spray, long broom handles). Housewares will do, in a pinch (knives, skillets, cleavers), but all you're going to find in there are melee weapons. Choose wisely.

Not that I would EVER advocate any of the following, but I've heard that wasp spray is like a jet, and can shoot up to 20 feet. I also heard it tastes terrible, and can sting your eyes. I might have had a flaming can of sterno thrown at me once, and it might have scared me witless and lit my pants on fire. I also might have heard that brake fluid mixed with bleach creates a pretty impressive amount of smoke that could be used as concealment. But I also heard that it might create a lot of heat, and might start a pretty good sized blaze.

The next time you find yourself in the unenviable position of shopping at Walmart – use the curbside pick up. But if you must venture inside the store, make a quick tour around the outside of the building, mark the exits, and fix their positions in your mind. Walk the inside perimeter before you start to shop, so that you know EXACTLY where the exits are. And while you're shopping, just run a scenario or two for Run/Hide/Fight. Stay yellow, friends.

~ Karen Farthing, Bulwarks Instructor