



LAST RESORT HOME DEFENSE



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Introduction

You are NOT SAFE. All you have to do is watch the news and see the truth. People are being burglarized. If that doesn't scare you, think about this: over 2 million break-ins are reported EVERY YEAR in the United States alone. And remember, these crimes occur during stable times. A crisis such as an EMP will dramatically alter the stability and safety of our society. As access to resources becomes scarce, people will become desperate and civil unrest will spread rapidly. Last Resort Home Defense was written to help you prepare for these times.

That is exactly what this eBook is about. After reading the eBook, you should be able to at least lodge an informed counterattack in self-defense. It's not always the case that you will win. But your survival chances are greatly increased if you can fight back in an informed manner. You will learn a lot of things in this eBook. Just make sure to stay safe and apply whatever you learn here as and when necessary.

Do NOT Be an Easy Target

Burglars and other bad guys are more often than not just lazy opportunists. They will show up just to see if they can break into our homes and make away with something valuable. This doesn't necessarily mean that they will always succeed. Sometimes all they are able to do is to go to your home and see how secure it is. This is especially true when your home is completely secure and there's no way at all for them to break in. But if your home looks run down and unkempt, then it encourages them to work even harder. It's like sending a message that you don't really care about keeping them out.



Basic home maintenance starts with the small things, some of which may not seem a big deal in keeping your home secure, but they are.

Mow your lawn and trim any shrub on a regular basis. Collect and throw away debris from your grounds and don't leave any rocks lying around. Many times, the rocks, bricks and other small heavy items are the same ones that burglars will use to break any windows or break locks in order to get into your home.

Make that every window is shut and every door locked when you're away from home. In fact, get into the habit of shutting your doors even when you're at home. And if the garage door doesn't need to be open, do not leave it open.

If you're not in the garage, keep the door locked. Always change the factory code on your garage door openers. What about the basement windows? How strongly are they secured? Have you reinforced them? You should even consider reinforcing them with bars over the windows. Ground level windows can be an easy way into your home. You don't want to leave anything to chance.

It also helps to use a few visual cues to make any potential burglar think twice about breaking into your home. It's good to keep up with your home's appearance, but not if the same appearance lures burglars to your home.

So, first, if you don't have a dog, get one – a big one. But even more importantly, make sure that everyone knows you have a big dog around. The bad guys aren't usually happy to tangle with a dog. A dog house, a water or food dish, a big chain, or a bold dog warning sign are all excellent ways to get the message across. Interestingly, these tricks can work very well even if you don't have a dog in the first place. Although your neighbors might know that you don't have a dog, the bad guys won't likely take a chance.

Even though these things may not be available to you in any disaster, video surveillance cameras are another tool that will work really well. These cameras send a strong message that you want to keep your home safe.

No one wants to get caught on camera robbing a home. It makes the bad guys wonder what other surprises you have in store for them. So, even if the surveillance camera isn't working well or if it's not working at all, leave it in plain sight. Again, the burglars aren't likely to know the truth.

Security service signs are also very effective. Since most security companies include window decals and yard signs whenever a new system is installed, the burglars will instantly get the feeling that something isn't right. Post the signs prominently at your key entry points and burglars may actually consider walking on even if the power is out.

Strengthen Your Doors and Windows

Criminals generally enter the home through doors and windows. Well, some very skilled and experienced burglars may try to break in through other areas, but doors and windows generally represent the easiest points of entry.

Doors are usually the first place the burglar will check. If the door is weak and the locks are easy to batter, they can quickly and easily make their way into your house. The reliability of any door heavily depends on the quality of the home's construction.

The door can only be as strong as the frame and the material surrounding the frame. It's quite shocking that some doors are very weak, with even weaker frames. If you think that the door isn't strong enough, it is important to reinforce it as well as its framing. Replace weak locks with high quality deadbolts on all your exterior doors. Ensure that the deadbolts go as far as possible into the wood frames and fix the striker plate using 3-inch screws.

For doors with glass panes or where the window is right next to the door, opt for key-operated deadbolts. The reason for this is that locks with deadbolts on the inside are very easy to manipulate. All the burglar needs is to break the glass and open the lock from inside by inserting one arm through the broken area.

As for windows, just make sure that they are locked most of the time. Naturally, windows are the easiest to break. The best idea is to place a glass break detector or connect a sensor to every window in the home. It is also recommended to use lighting and landscaping to further improve home security. For instance, you can install a thorny bush below the windows.

Consisted cutting back any low tree branches that can be used to reach the skylight or to climb to upper floors. Remove any trees and bushes that cause darkness or provide cover near your entry points. Add motion detectors, flood lights, and motion activated lights to brighten and expose the entry points.

The idea is to do as much as possible to tell the bad guys that you're not leaving anything to chance. You want to force them to consider their options. Even if they eventually manage to break into your home, make them struggle for a few hours by which time you should have noticed strange activity. The more time they spend trying to gain entry into your home, the more time you have to notify the authorities or take other actions to protect yourself and your loved ones.

HOME DEFENSE PLAN

You Need an Effective Home Defense Plan

Even after improving the home's appearance, adding several visual deterrents, and strengthening all points of entry, it may still be possible for someone to break into your home. At this point, you need a carefully thought defense plan to ensure the safety of yourself and your loved ones. A plan allows you to act in an orderly manner without confusion. As long as everyone can stick to the plan without hesitation, there is usually a chance that you can all get to safety and alert the authorities in time.

It isn't possible to provide specifics on this because defense plans generally depend on the specific situation. The plan you eventually use will depend on the size and layout of the home as well as the people you live with. For instance, the plan you would use if you live with a wife and two young kids will be totally different than the one you would use if you are 3 adult males in the home without kids or females. Here are a few basic facts to consider (most of these topics are covered in detail in following chapters).

- ***Have a safe room***

A safe room is basically a strong room where you can safely hide in the unfortunate event of an attack. The relative strength of your safe room will depend on your budget. It can be one of your bedrooms that you've secured with extra heavy doors with thick hinges, a reinforced frame, and a high quality deadbolt lock.

Budget allowing, it may also be a typical vault with hardened walls, weapons, survival supplies, and independent ventilation, communication and power systems.

- ***Be realistic***

You need to be realistic with your assumptions. Consider the following three scenarios;

- a. The break in occurs when you're at home
- b. The break-in is happening as you arrive home
- c. The break-in occurs when you're away from home

In each of the three scenarios, you need to have a solid and effective strategy. You must ask yourself questions about how each scenario may affect your survival reactions. For instance, is it day or night? Is it just you or is another family member at home? If so, what role does this family member play? Are you armed? If not, can you access a defense weapon quickly? Should you escape to your safe room?

- ***Practice, evaluate and continuously improve the plan***

The best plan is simple, comprehensive, and well thought out. You want a plan that is easy to follow but one that covers as many scenarios as possible. Get the whole family involved so that everyone knows their role in the event of an attack.

For children, turn it into a game to see how quickly they adapt to the plan. Repetition always helps. Practice the plan over and over again until everyone fully understands it. This way, if you're attacked, you can execute the plan efficiently.

Prevention Techniques

There are three commonly used home defense techniques that every homeowner should use – commonly known as the 3Ds. These are;

- I. Deter***

Detering means stopping the break-in altogether or doing everything to stop it. It typically involves investing in a sound residential security system and installing the strongest locks. These strategies eliminate the opportunity for easy entry.

II. Detect

If you can detect burglary very early, then you can also inform the authorities early. This allows them to plan for and execute a rescue process in time.

Early detection also allows you to secure yourself and your loved ones before the burglars enter the home. For instance, you can run into your safe room and arm yourself with a few weapons.

The best detection strategy is to force the burglar to work in a situation where they feel like they are being observed. Burglars like complete privacy; they don't want people seeing them or what they're doing. They don't like drawing attention to themselves. So, they usually try to avoid situations where they have to break glass or smash doors. For this reason, install an alarm on every window and door. You may also invest in a system that alerts your neighbors in case of an attack, who can then inform the authorities.

III. Delay

A rule of thumb is to delay the burglar for just four minutes. This is considered sufficient enough to turn the burglar away and subsequently prevent burglary in a residential dwelling. Even the bravest burglar doesn't want to be caught in the act. So, delaying them on *the job* exposes them to greater risk. The longer it takes to smash your door or break the window, the less safe it becomes for them. While it's almost impossible to make your home impenetrable, you can easily make forced entry difficult and effectively delay the burglar.

If you can follow these tips from top to bottom, then your chances of avoiding burglary will be significantly improved. You don't have to be one of the 2 million residential homeowners who fall victim to burglary every year.

These people lose a lot of property and suffered grave injuries and sometime even lost a loved one or their own lives. Take every step to secure your home by Detering, Detecting, and Delaying break-in.

Here is a summary of the basic tips for securing the home:

- ***Always lock up***

Even when you're home, it's a great idea to lock up. But when you're away, there is no excuse; you **MUST** lock every door and window. Sometimes burglaries occur during the day and you might be caught unawares because you were in the kitchen preparing a meal. If you can lock all the points of entry that you are not actively monitoring, you will be safer.

The main door should be the first priority. You need to secure it with a key-operated deadlock on solid timber. Even if the bad guys find way into the house through another entry point, a solid lock on the main door will make it difficult for them to carry away your valuables. Consider reinforcing the deadlock with a security screen and a peephole that allows you to see every visitor before they see you.



It also makes sense to install the same key operated locks on every other door in the home because it not only makes owner entry easier but it guarantees increased security. Call your residential security provider to help you install tamper proof locks.

And if you have sliding doors, ask the security provider to help you bolt then both at the top and bottom. You can also fit the doors with specially designed deadbolts.

Secure the windows as well. Remember that no windows are ever too high or too low for burglars. Consider securing every window with key locks or security grills and always lock upper level windows.

Since shed are garages are usually filled with tools and other equipment that burglars can use to break into your home, keep these areas completely unbreakable. Keep them locked always and if there is a door connecting the garage and your home, then ensure it is always locked as well.

Side gates are another area you need to be very careful with. They should also be locked at all times. Educate the young ones to always lock such gates behind them.

Finally, do NOT throw your keys about. Don't leave them lying everywhere. You need to be extremely careful with all keys, always taking them with you. You can leave spare with a trusted neighbor or friend just in case you lose your copy.

- ***Consider getting a dog***

It is no secret that family dogs play an important role in deterring and even in delaying criminal activities in the home. A burglar who comes to your home and finds a big dog watching the your home will have to think twice. Even if they eventually manage to get away with the crime, they will have spent quite a bit of time thinking about how to deal with the dog.



In addition to having the dog, invest in a bold warning sign signaling the potential criminal that you have a scary dog within the home.

Think of a clear sign that reads; "Fierce Dog Inside."

It isn't a surprise to hear of potential burglars who quickly retreat after coming in contact with a burglar-unfriendly dog.

- ***Secure the meter box***

A dedicated burglar may usually try to interfere with your power system before trying to break into your home. You need to beat them at their own game by locking the meter box so it becomes impossible for them to interfere with the electricity supply. Electricity authorities may help on this one.

- ***Be prepared***

The first step is to ensure that your house number is clearly visible both at the front and at the back of your house. This way, if the authorities come to your rescue, it will be easier for them to identify your home. A neighbor who overhears the break-in or who is alerted by your alarms will also find it easy to read your house number from the rear of the house. Finally, program your telephone numbers for emergency services, trusted neighbor, close friends, and relatives.

- ***Catch burglars in the act***

Burglars can sometimes use a series of tricks to enter your home. You need to catch them on the act. For instance, a burglar may be disguised as an electrician or as service person from the gas or water department. Sometimes they may ask for a glass of water or just give you a nice story to trick their way into your home.

If you're not buying their story, keep them out altogether. Alternatively, you can ask them to return later. If you're suspicious, inform the police.

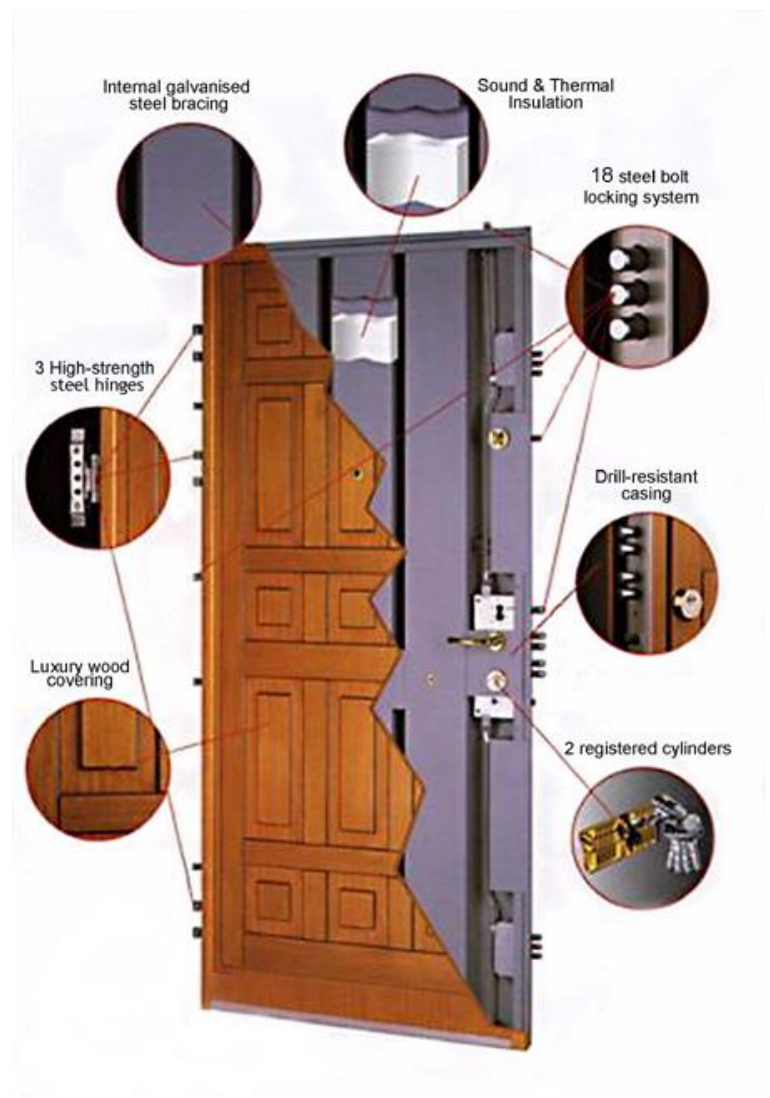
Securing Your Doors

As already mentioned, the door is the primary entry point not just for the homeowner but also for the burglar. So, no matter what door you have, you need to seriously improve it to keep away any unwanted visitors.

A common thing that people forget with doors is to use specific doors for their intended purposes. There are several types of doors, developed specifically for certain tasks. For instance, there are exterior front doors that are designed to be the home's front door.

Then there are interior doors that should be used for interior rooms. By using an interior door for an exterior purpose, you're weakening the security of your home and thereby compromising your own safety.

An interior door is the one you will most likely find on your bathroom doorway.



These doors are typically made from thin veneer with a hollow center. In short, they are made for privacy, not security. Even if you put the best security locks on an interior door, it adds no value because a single blow to the door is usually enough to break it into pieces.

Start by replacing these kinds of doors with metal insulated or solid wood doors. This will keep you and your home much safer. If you can't afford a sound exterior door (they can be pricey), then consider reinforcing the existing door with $\frac{3}{4}$ " plywood. Simply cut a $\frac{3}{4}$ " piece plywood the size of your door and secure it to the existing door by drilling holes and mounting it using round-headed bolts. The round head of the bolt goes on the outside and is secured from the inside with nuts, washers, and lock washers.

If the door has a window, then put the plywood right above the window as well. This will keep burglars from breaking the window, getting their hands in, and unlocking the door. As an additional measure, reinforce hollow core or wood panel doors by attaching 1/32-inch thick (approximately 20 gauge) sheet metal on the outside facing end of the door. Use carrier bolts to attach the sheet metal, spacing the bolts no further than 16 inches apart around the perimeter of your door. It's not going to be the best door but it will definitely make your door stronger.

Is Your Strike Plate Secure Enough?

The other thing you need to consider is your strike plate. The strike plate is the piece of metal that mounts onto the doorjamb. When you lock the door, the deadbolt goes into this piece of metal.

A common problem with strike plates is that they are often installed using tiny $\frac{1}{2}$ inch screws. This is probably because most strike plates are sold with these tiny screws. If a bad guy comes along and kicks the door with enough power, even if the deadlock was in place, since the screws are too short, you will see that the doorjamb is splintering with ease.

You can enhance your safety by replacing these screws with longer, stronger ones. Check the length of your strike plate screws and, if they are too short, replace them with 2 $\frac{1}{2}$ to 3 inch screws.

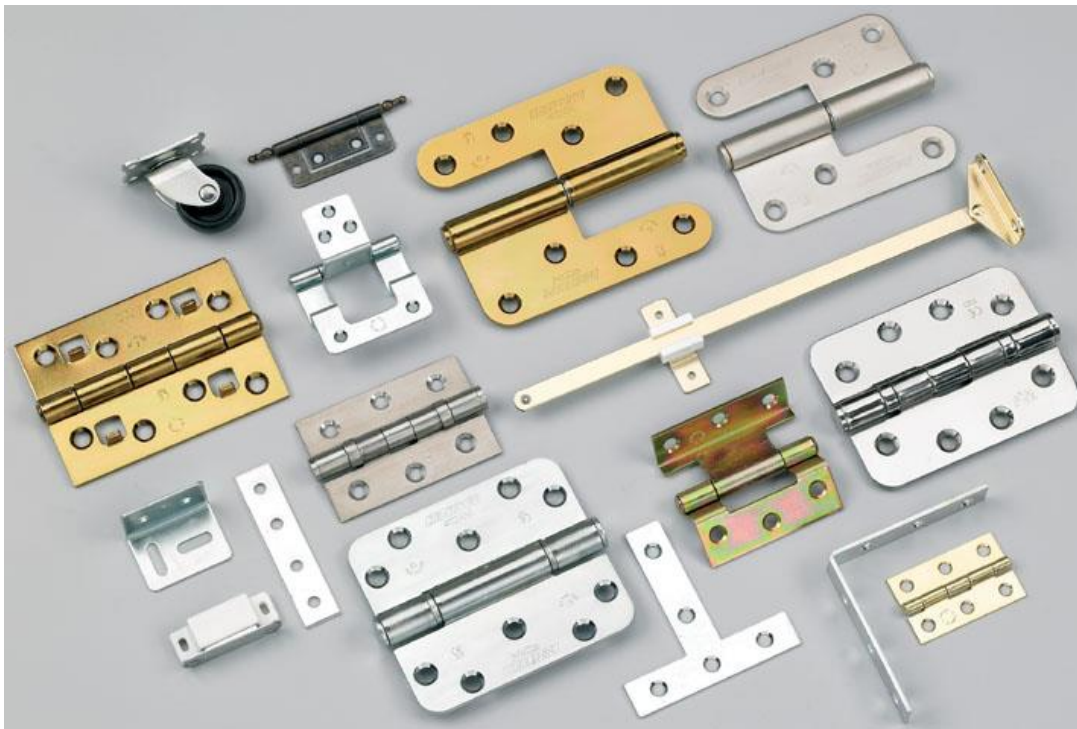
These longer screws will not only go into the doorjamb but they will also get into the wood stud to keep the door in place even when it is pushed or kicked. You may even replace your strike plate with a heavy duty one.

- ***Getting the most from your hinges***

Exterior doors should have hinges on the inside. Otherwise a burglar may only need a screwdriver to pull out the hinges and enter your home, regardless of the quality of the door or the door frame.

So, if you have an exterior door with hinges on the outside, you need to replace the door with interior hinges. Alternatively, you can reinstall the door so that the hinges face inwards.

However, you may be living in an area code prone to natural disasters where building codes require that doors are fitted with hinges on the outside of the door. People who live in such areas can use other methods to secure their hinges. For instance, you can weld the hinge pins in place although this may also be prohibited by building codes not to mention that it makes door services extremely difficult. Another good idea is to buy specially designed hinge screws that have narrow heads and work like nails, but are more securely anchored.



Your door service company should help you fix your hinges with these special screws so that even if the hinge pins are removed then the door still can't be pulled out.

Just make sure to contact local authorities in advance to ensure that whatever you're doing is permitted within your area.

- ***Securing patio doors***

It is common for people to assume that patio doors are a no-go for burglars. In fact, some people may not reinforce the patio door just for this reason. Be warned because patio doors, just like any other doors, can be used by burglars to enter your home.

The patio door might make a lot of noise which can potentially keep away burglars. But that doesn't necessarily mean that they should be left unlocked the whole day. Patio doors come with latches that can be easily forced. Most security experts advise that you put a few screws into the track above your patio doors. This way the doors can't be lifted up out of their tracks.

Another excellent idea, and actually a better one, is to invest in an auxiliary patio door lock. They can be really expensive but will really add to your home security efforts. There are many different types of patio door locks to consider but basically they work the same way by locking the doors together so that neither can be slid to one side. They also lock the door right into the track so they can't be pulled up and out.

- ***Peepholes vs. door chains***

A common security problem with door chains is their glaring weakness. It's very easy for someone to shove their shoulder up against the door, snap the chain and that's it! A peephole work much better.

There is a wide variety of peepholes to choose from in the market. However, the old-fashioned style is still considered an excellent choice. It will give you a 180 degrees view of the outside so you can see almost everyone on the other side. Instead of opening the door with the guidance of a chain to see who is out there, you can safely look through the peephole – with the door locked.



A recent innovation which is becoming increasingly popular is the “Door Club.” The Door Club costs about \$29 in most neighborhood stores and offers the discreetness of the peephole while still allowing you to open your door without compromising your security. If everything else is in excellent condition (the door, frame, hinges and floor), then it can become very difficult to break into the house if the Door Club is in place.

This piece of metal is designed to withstand more than two tons of force. It mounts on a unique bracket on the inside lower end of the door when not being used. When you want to use it, you will need to remove it from the bracket and insert it in a hole strategically drilled on your floor.

- ***Choose the right door jammers***

Door jammers provide the home with an extra layer of security making it a must-have. There are different types of door jammers to choose from. Excellent jammers are made from 16 gauge, powder coated steel with no plastic parts on the doors. Choose a door jammer that sets up quickly without the need for special tools.

Locks and Keys

When discussing doors, it’s also important to cover locks and keys. To quote a popular adage; any lock is better than no lock. Therefore, before you even you think about the different types of locks, ensure that there is a lock on the door.

However, you should always strive to find a reliable lock for your door to protect yourself and your family. Typical locks offer little protection, if any. Armed with a simple screwdriver, a burglar can easily force his way through.

For increased protection, you need to invest in high quality deadbolts that are resistant to attacks from tools such as ice picks, crowbars, pipe wrenches, sawing and drills. These deadbolts are preferable because they also protect against unauthorized key duplication.

Most people only have door knobs on their doors. While these knobs are quite effective at what they are designed to do, they offer limited security.

If you have only a knob on your door, it would be better to add a deadbolt below or just under it. You can choose from single-cylinder deadbolts or double cylinder deadbolts.

- ***Single-cylinder deadbolts***

A single-cylinder deadbolt usually has a key slot on the outside and a thumb turn from the inside. Unlike with door knobs, when the deadbolt is fully extended, you cannot push the latch (bolt) back.

This often helps when someone tries to pry the bolt back. Since the latch can't move back, the door can't be opened.



A good idea is to have the same key for the knob and the deadbolt. You simply need to ask your locksmith to re-key your knob lock to match the deadbolt lock. Alternatively, you can buy a set of locks where the deadbolt and the knob are already keyed alike. This way, you don't have to worry about carrying a pair of keys.

You should also find a deadbolt that has a latch with a minimum of 1-inch when fully extended as well as a tapered cylinder guard. The *cylinder* is simply the slot into which the key is inserted. The *cylinder guard* therefore is the piece of metal that goes around that hole. To *taper*,

on the other hand, means to customize. A great cylinder guard is wider around the area that goes up against the door and narrower on the other end where the key goes in. This makes it difficult for a burglar to try to drill or chisel into the guard.

The best cylinder guards are free spinning, capable of twisting round and around without causing damage. This makes it impossible for someone to unscrew the cylinder guard and remove the lock.

There are several advantages of installing a deadbolt lock over doorknobs. Some of there include:

- You are better protected because the locking mechanism is inside the door, not outside like on a doorknob.
- Deadbolts are typically longer than door knobs. This makes it much harder for a burglar to “spread” the lock and pry the door open.
- A deadbolt can't be pushed backwards after it's fully extended. This effectively reduces the success rates of a shimming attack (where burglars use credit cards and knives to break through doors).

Key Bumping Issues

Key bumping refers to the process of tearing apart the lock using a bump key. The *bump key* is inserted into the lock and slowly struck with a plastic hammer until the tumbler pins fly up and the lock whacks open.

You can avoid these kinds of worries by investing in a high quality deadbolt. Grade 1 locks are particularly effective and can withstand key bumping.

- **Double-cylinder deadbolts**

Double cylinder deadbolts are similar to their single cylinder counterparts except that they require a key both inside and outside the house.

This is particularly effective when you are trying to prevent thieves from breaking nearby windows and unlocking the door from inside.

These types of locks are however restricted in some parts of the US, especially the areas prone to fires. You may want to check with your fire codes before purchasing one. In fact, it is NOT advisable to install a double-cylinder deadbolt lock on a door that acts as a primary fire escape point – the role most front doors play.

If you were to get caught in a fire, you may panic when unlocking the door if the key isn't handy.

You will agree that your hands may not be particularly steady when you're threatened by fire or when you're running from an intruder. Therefore finding the key and opening the deadbolt lock quickly may be difficult.

Usually, a good option is to leave the key in the lock so that you don't have to search for it in case of an emergency. However, this significantly reduces the security because if the burglar can get one arm through a hole and onto the key then that's it – you're in trouble!



Secure Your Windows

Research shows that windows are usually the next alternative for burglars to break into your home. In fact, windows present a complex security challenge even compared to doors. First, most windows (if not all) are usually made of glass which is known to be brittle. Secondly, windows come in all styles and shapes, some of which significantly reduce the strength of the windows.

Windows security involves three main things;

- Preventing entry by ensuring that the window can't be opened too wide.
- Preventing breakage or removal of the glass.
- Providing a warning if any the two occurs.

A typical window is made of three parts; a glass/glazing, the sash, and the window frame. The glass/glazing mounts onto the sash and sashes mount into the window frame which in turn runs into the wall. A window sash can be moveable/sliding or fixed and is usually made from aluminum, steel or wood.

- ***Window alarm systems***

If you already have your windows in place and don't want to go through the expense of replacing or modifying them, consider installing a window alarm system. Integrating an alarm system into your windows helps to deter thieves and other bad guys by sounding a warning should someone open the window.

There are several types of window alarm sensors to allow for the integration of practically any window into the alarm system. In fact, you can now find window screens that double up as alarm systems. The screens fit closely to the glass/glazing so that it becomes impossible to cut or break the window without cutting through the screen. And cutting the screen usually means cutting several thin wires that run through it, which breaks a predesigned circuit and thereby triggering the alarm. This may cause the thief to take off for fear of being caught in the act.

French-door type windows are some of the least safe windows. Someone simply has to pry out a single, small pane of glass to gain entry. Even if you have an alarm system, by the time a warning is sounded the thief may have quickly made his way into the house.

To reduce or even eliminate this problem, you need to invest in sash keys, pin locks, or keyed sash keys, or any other locking system that is difficult to unfasten.

Aside from window locks, you may also need glass break alarms, especially if your home has large sized window panes. If the panes are large enough, the lock alone won't be sufficient because a burglar can simply enlarge the hole in the window and enter through the sash. However, in order to do so, they will need to break more glass. This is where glass break alarms come in handy.

Keyed sash locks are sometimes used in place of window fasteners. You will need to consider the possibility of having to exit house through the window in case of an attack or a fire. For this reason, keep the keys in accessible places, but out of plain sight. Ensure that every family member knows the location of these keys.

- ***Pinning/bolting windows***



Window pins and bolts work much like deadbolts on doors. A lock mechanism with a sliding bolt or pin is fastened to the window sash or frame so that the bolt slides into a receiver (like the deadbolt would slide into a strike plate). You can also find a design where the bolt slides into a hole drilled in the window sash or frame. The lock and the receiver are usually aligned for easy operation.

There are many options to consider. For instance, you can choose a pin-lock model that allows you to pin several deadbolt holes and several receivers to use with a single pin lock.

It is also possible to “pin” a window without using a dedicated lock system. Simply drill several holes at downward angles through the sash and right into the frame. Then insert 8-gauge or thicker nails into the holes to hold the windows in place. Ensure that the nails you use are long enough to engage both the sash and the frame. You can consider trimming the head of the nail so that it becomes almost invisible when fully engaged.

This type of pinning might be old-fashioned but it has worked very well where it is applied. Even if a burglar breaks the glass, finding and removing the pins will delay entry allowing you to act accordingly.

- ***Screw-down options***

Maybe you live in a rented apartment where you can't drill holes into the sashes and window frames. However, you may still feel like boosting your window security. There are a handful of options in the market.

Consider screw-down window locks, for instance. These locks use a simple technique to prevent vertical or horizontal windows from sliding open without force.

You can also use thumbscrew locks that are effective in preventing window jimmying.

However, these locks require a significant amount of force to fix them in place and can be easily removed once the glass is broken. To counter this, some security companies are now designing friction screw locks with special triangular shaped heads that require a special key to run.

- ***Securing basement and jalousie windows***

Basement windows should be fitted with a mechanical crank. This will force any intruder to break the glass if they are to use the window as an entry point. If your crank windows open freely, consider fitting them with a crank or lever opening mechanism.

Additionally, install a keyed lock on the window. You can choose from the many keyed locks discussed here.

As for jalousie windows, the very best you can do aside from replacing them is to fit them with strong security screens or grate.

Window Screens, Bars and Plates

To further secure your windows, you may want to install a window screen, bars, or grates. The three actually refer to the same thing except that the styles can vary widely. However, the most common name is burglar bars.

Burglar bars are a low cost, extremely effective method of securing your windows. Most homeowners aren't overly keen on the bars because they usually create the perception that the neighborhood is unsafe, and this may lower property values.

However, you can now find stylish designs that seamlessly accent the architecture of the home. These "designer" burglar bars are increasingly finding their way into high-end homes. Thieves will almost instantly give up on the mere sight of a burglar bar, stylish or not.



Burglar bars can be installed from the inside or on the exterior of the window. However, you need to exercise caution with your bars.

If a window is designed to serve as an emergency escape route in the event of a fire, then such a window cannot be fitted with a *fixed or rigid* burglar bar. You may only use hinged or collapsible ones or bars that can be unlocked from the inside in case of an emergency.

However, the key to these bars will have to be handled with care and placed in an accessible but still safe place.

Secure The Garage

Garages are usually a key target for burglars and rightly so. Quite often, people tend to secure the rest of their home well only to forget the garage. It is therefore no surprise to find a home that is sealed on every edge, only to find that the garage right beside the home is not even monitored.



If you want to be totally secure, you must ensure the security of your garage. Do NOT allow the burglar to enter the garage because the garage contains exactly the tools they need to break into the main house. Garages are also usually quiet, which may provide the intruder with ample time to strategize an attack. You need to secure the garage as much as you secure the home.

Start with garage door openers. Garage door openers can be very convenient or very frustrating. Depending on the openers, it might be very reliable or the weakest link in your garage's security.

In general, garage door openers should provide ultimate security considering that the garage door is almost impossible to open from the outside. The best openers are those that implement a programmable code. For the openers, if you lose the remote, you will simply need to reprogram the opener so that the missing remote cannot be used to operate the opener again.

A common problem with garage door openers is the tendency to open in case of “phantom signals.” Phantom signals are signals coming from sources other than the remote control of the garage door opener and usually include sounds from police radios, aircrafts, and many other sources. If your garage has a tendency to open even when you’ve not signaled it to do so or if you’ve come home only to find the garage door open, then you need to do the following;

- Check to ensure that the garage opener has no loose connections.
- Change your frequency code. Sometime it helps to solve the problem.
- Consult garage repair professionals to diagnose and fix the problem.

Remember that the garage door should always be closed until you open it. If you’re going on a long holiday and won’t be home for a few days, consider unplugging the garage door opener for safety reasons. It will cause a little inconvenience when you return, but it also ensures that your garage won’t get opened unnecessarily while you’re away.

You can also install a garage door auto-closer. An auto-closer is simply a device that closes your garage door automatically when you unknowingly leave it open. The auto-closer uses the latest infrared light sensing technology to ensure that the garage door is never open when it should be closed.

You can even use the disable button when you know that you won’t be around for some time. Once you press the button, the garage door will remain closed at all times. The good thing with this is that you need very basic tools to fully install the auto-closer. The unit is typically connected to an AC power source.

However, before you purchase the auto-closer, ensure that you’re not breaking the law. Auto-closers are only recommended for use with garage door openers that are developed in compliance with the latest government regulations.

The government, in the federal laws, requires that auto-closers be used only in automatic reversing openers or openers with electronic photo eye sensors that can detect obstructions. A garage door opener that doesn’t have these government-required features must be updated accordingly before an auto-closer can be installed.

Fence Security

Before you even think about securing your fence, it is important to understand that fences only exist to delay intrusion.

A fence doesn't prevent a thief from stealing from you. In any case, when the thief is coming to steal from you, he will have looked around and knows what kind of fence you have. This way, they usually come knowing exactly what to do to get to the other side of the fence and proceed with their mission.



It is almost impossible to install a fence that can't be penetrated. The fence might be effective in providing excellent privacy and keeping pedestrian traffic at bay, but someone who is determined to get across and steal something from you will always find a way to pass through the fence – no matter how demeaning it may be.

Interestingly, even the razor wires you see around the high walls of some highly guarded homes can be overcome. Someone who knows what they are doing will easily pass through the wires, as is shown by numerous prison escapes.

Several military tests have been conducted to determine if and how quickly someone with relevant experience can penetrate different security perimeters. In one test, it was discovered that it only took a mere 4 seconds for an experienced person to penetrate a 7-foot high fence topped with barbed wire. This just shows that no matter how high your security fence is and the materials you use to build it, you can never rely on the fence alone to keep burglars out of your property.

Solid wood fences are a popular choice. They provide excellent privacy and a good level of security. The main problem with these fences is that they provide the same privacy (if not better) privacy to potential intruders. If someone can climb through the wooden fence onto your property, then it becomes very difficult for neighbors, police and passers-by to see them. They can then proceed to execute their plan knowing that no one is seeing them from outside the home.

Security experts describe the ideal fence that which marks your boundary without concealment. From this argument, the ideal fence would be a chain link. Chain link fences are excellent at marking out your boundary and keeping people off your lawn and property. It sends a clear message to people on the other side that they do not belong in that area. Yet, when someone is inside the fence, they will be easily seen by people from outside. As already mentioned, thieves and all the bad guys don't like operating in the view of the public. They prefer to work in complete privacy. Therefore, exposing them to such attention can only hurt their efforts. Moreover, with the security authorities always patrolling most neighborhoods, there is usually a great chance that these bad guys are caught in the act.

The ideal chain fence is approximately four feet high. This is considered sufficient to mark your boundary as well as keep the small animals away. However, if you're very concerned about your security and are therefore trying to keep away people from penetrating the fence, then a 7-foot chain link fence is recommended.

You can also top the fence with barb or razor wire. However, you need to know that such toppings are prohibited by law in certain areas. It is therefore recommended to first check with your building inspector to determine whether the building codes in your area permit it.

There are several types of chain fence out there so you should be very careful with your choices. A secure chain fence **MUST** have no more than a 2-inch grid. Also, the best chain fences are made from 9-gauge wire or heavier. Ensure that the fence extends to within two inches of the ground and is secured to a bottom wire or rail. This will prevent people from sliding under the fence.

However, having the right fence in place alone doesn't guarantee maximum security on that front – you need to maintain a clear zone around your fence.

Ensure that there is no tool or equipment lying around the fence that can be used to jump or climb over, or even cut the fence. Things like boxes, lawn furniture, ladders, vehicles, and containers must not lie aimlessly around the fence zone.

Finally, ensure that there are no overhanging branches around the fence. You don't want to put that kind of effort in building a solid fence only for someone to climb over it with the aid of a low hanging tree branch. You should realize that no matter how strong the fence it, if someone can use the tree branch to climb over it then the fence becomes practically useless.

When it comes to gates, keep the number to a minimum. The more gates you have, the more difficult it becomes to secure your fence. All gates should be equipped with sturdy locks and closed and locked all the time.

Choosing Padlocks



Most of us store bikes, boats, motorcycles and many other things in storage sheds. Often, these sheds are located in the backyard. It is also possible that you rent a commercial storage unit. In both cases, you'll need to fully secure the shed.

When deciding what lock to use on the shed, think beyond just the ordinary. If you store some really valuable property in the shed, then it only makes sense to invest more in securing the shed. For instance, if your shed only houses \$200 worth of toys, then it may be sufficient to lock the place with a \$20 padlock. However, if your shed houses a \$15,000 motorcycle, then you'll need even better security.

It doesn't take much to overcome a cheap padlock. An experienced burglar will take less than a few seconds to force the padlock open and take off with your valued items. A simple hammer, a bolt-cutter, or a pry bar is often sufficient to force the padlock open.

Most padlock attacks are usually not to the body of the padlock but rather to the shackle – the “U” shaped part. Padlock shackles vary in almost everything except for the shape. They vary in thickness, size, length and even the construction material. When selecting a padlock, you also need to choose a padlock that locks well. When buying a padlock from a locksmith, ask for a high security padlock. Some padlocks are case hardened for extra security. A typical high security padlock has a boron shackle that is extremely resistant to bolt cutting attacks.

There are basically two locking mechanisms that can be used; the first is where a spiral latch is used while the other mechanism involves the use of two ball bearings. Padlocks that use ball bearings are preferred over those that use spiral latches. This is because padlocks that use ball bearings lock at both the “heel” and the “toe” of the shackle.

Another reason why locks that use ball bearings are preferred is because the notch has a rounded shackle. Compared to a square-shaped shackle, a rounded shackle is less likely to break if struck by any heavy tool such as a hammer. Ball bearing padlocks are also preferable to their spring-latch counterparts is because you can’t get them open with a shimming attack. A “shim” is a thin sheet of metal usually shoved down into the lock alongside the shackle. As already mentioned, a square shaped notch is secured by a spring. Using the shim, you can push the spring back and open the lock. However, with a ball-bearing lock, you cannot push back the two ball bearings because there is no room for them to maneuver.

How a ball-bearing lock works is very simple. When you insert the key into the lock and turn it, the key turns a certain cylinder. When the cylinder turns, it forces two ball bearings to get into predetermined positions to keep the padlock locked. A shim cannot push the ball bearing around because there is usually no room for them to move into; they are right up against the cylinder.

To determine if a padlock use ball bearings, imply ask the locksmith. If the locksmith can’t help, try to assess the padlock on your own. Look for a rounded notch in the shackle as opposed to a square notch. Alternatively, unlock the padlock and look into the hole where the shackle goes. Tip the lock back and forth and observe it closely; you should be able to see a steel ball bearing rolling into view.

For increased security, some padlock manufacturers are now adding a shrouded shackle to the original padlock. This makes the padlocks very resistant to sawing and bolt cutting attacks because the additional shroud makes it almost impossible to put the bolt cutter on the shackle.

1. Choose the right locking hardware

After choosing the best padlock, you need to go the extra mile to find a sturdy hardware to match it. You need a strong, reliable hardware that holds your door shut and is secured by the lock.

It makes little sense putting an \$80 lock on a \$2 hasp. Ensure that the hasp is sturdy and properly mounted so that any no screw heads are exposed. In fact, instead of using screws to fit

the hasp onto the door, use carriage bolts that go through the door and are secured from the inside. Use flat washers and nuts to secure the bolts.

Hasps that are mounted with screws are typically easy to compromise because one only needs a screwdriver to lift them off. If it's mounted with bolts that go through the door, then the thief may have to break the door if he is so determined to get past it.

Finding Safety in The Safe Room



Ideally, every home should have a safe room. There is no doubt that some safe rooms (the most sophisticated ones) can be really expensive. However, even if you have to turn one of your bedrooms into a safe room, so be it.

A safe room serves as the last line of defense in any home and should therefore be prioritized at all times.

Before you start creating unrealistic pictures in your head about what an ideal safe room would look like, take a deep breath. Safe rooms are neither camouflaged walls nor are they rooms with barbed wire running across every corner. In fact, a safe room should be nothing scary or out of the normal – it should form part of your daily life. That’s why a normal bedroom can be used as a safe room. The only difference is that you need to modify the room lightly to make it more secure than the other rooms in the house. A secure room will delay intruders at the very least, allowing you to call for emergency help.

You also need to accept that a merely having a safe room in your home cannot prevent intruders from breaking into the home. The safe room only provides an additional layer of security until security authorities arrive. Which brings us to choosing a safe room; what exactly should you look for when choosing a safe room?

Selecting a Safe Room

Well, the first step is to conduct your own survey of the home. Before you go about throwing money on purchasing a high end safe room or buying a few items to transform one of your rooms into a safe room, you need to know exactly what can happen and what steps you can take to enhance your safety and the safety of your loved ones.

Ask yourself a few questions such as; “Where would I be when the attack occurs?” The answers to this question alone could be plenty. For instance, the attack might happen when you’re in the kitchen preparing a meal. Or it could happen at night when everyone is asleep. Or, it could happen when you’re babysitting your grandchildren or alone with your children. In each of these scenarios, you need to be able to access the safe room fast. If you have children for example, you need to consider how many they are and whether you would all fit in the safe room comfortably. If you’re using a bedroom as your safe room, you may also have to ask yourself what would happen in case you’re attacked. Do they run into your room or do you run into theirs?

Moving from where you are when the break-in happens to the safe room is the worst possible nightmare. It means you have to run across the hall which gives the intruder an advantage. Worse still, the chances of running into a hostile area are significantly increased. What if during the relocation you meet face to face with the attackers? These are the kinds of questions you need to be asking yourself. However, sometimes you cannot help it.

If the floor plan is such that the kids' bedrooms are located on the other side of the house, several corners away from the master bedroom, then you will have to do your best to help the kids which may mean running to find them.

Do you have a room at the end of the hallway?

These rooms provide the most favorable location for a safe room. Apart from the fact that it allows you and your loved ones to meet up at the hallway as you make your way to the safe room, it also forces the intruder into several undesirable situations.

First, it forces the intruder into the hallway – a natural “choke point” for any bad guy. Secondly, it also limits the amount of exterior walls accessible to the intruder. Since hallways are typically located in the middle of the house, the intruder will feel less safe.

However, you must also admit that interior walls are not usually very strong. Often, the walls are made from sheetrock and wood which leaves them little, if any, power to stop bullets. As you will learn later, you can always remedy that problem.

Consider the most likely intruder entry points

The front door is the most obvious but never rule out the backdoors and the garage doors. The latter two are not only entry points, but they are even more concealed, providing the intruder with the perfect discreet way to enter your home. It may help (though it isn't a must) to see this entry point from your safe room.

A more pressing factor is where you have to move across these entry points to reach the safe room. Is there a less open route to the safe room? You need a route that is both concealed and covered; concealed routes hide you while covered routes protect you from fire.

If I have to open fire from the safe room, what are my options?

First of all, you need to understand the use of firearms remains a personal decision. No one should tell you whether or not to keep a firearm and/or use it to protect yourself and your loved ones.

You need to carefully consider the implications and decide if you need to keep a firearm. It is also important to ask yourself the following hard question before resorting to using a firearm to protect yourself and your loved ones in the unfortunate event of a break in: “Can I take the life of another person to protect my own and/or to protect the life or lives of my loved ones?” If your answer is yes, then go ahead and keep a firearm of your choice.

The next major consideration is your available fields of fire. A field of fire generally refers to the areas outside the safe room where you can safely fire your weapon without fear of hitting your loved ones. Typically, the narrower the field of fire, the easier it becomes to hit your target. This is why hallways and stairwells are ideal choices for a field of fire.

Also, ask yourself what would happen if you miss the target, or if you hit the target and the bullet passes through to the other side. Where does the projectile go? You need to carefully examine the objects or other things that might be behind the target and where the bullet might eventually stop. If there is a wall behind the backstop, don't assume that the bullet won't pass the wall. Go behind the wall and see what it might hit if it penetrated the wall.

You also need to think about the obstructions that might be situated on the bullet path between the firearm and the target. Is there any furniture any other valuables on the way, for example? If yes, then ask yourself if you're willing to damage that valuable to protect yourself. It may seem unnecessary but after the trauma of a break in, you don't want to spend another \$1,000 replacing a shattered smart TV.

Constructing the Safe Room

After you've considered all your options and selected the best possible solution to your safe room needs, it's now time to build the room.

Safe room doors

Safe room construction starts from the door. Let the door be the biggest initial expense because it is also the most critical element in the safe room.

Remember that you're trying to stop the bad guys from reaching you and your loved ones. So, do NOT go for a cheap door.

The following guide will help you install the best possible door for your safe room. It is assumed that you have basic knowledge of door installation. If you don't, then you can read the procedures from the internet or find a specialized handyman or contractor to help.



- ***Construction material***

You need to determine whether the door has a hollow core or if it's a solid door. Most interior doors are hollow core. So, all your bedroom and closet doors are probably hollow inside. To confirm this, tap the door on the face with your knuckles and listen carefully. If the door is hollow, you will hear the hollow sound. While such doors are excellent at providing privacy, they are not entirely secure. Someone can easily split it open with a sharp object such as a hatchet, reach in to find the lock and unlock the door.

For a safe room, you cannot have a hollow door. If the room you intend to use as a safe room has a hollow door, the first step is to replace the door. Take the measurements of your

current door and get someone to make for you a new solid door with the same measurements. Alternatively, ask for an exterior solid-core door of the same measurements. And while you are at it, do not waste your money on steel exterior doors because they aren't solid steel. The doors are made from a foam-insulating core placed between unhelpful sheets of steel. So, their prices aren't justified because they offer no more protection than a solid wooden door.

- ***Safe room door hinges***

You'll need to hinge your door securely for enhanced safety. Hang the door with at least three door hinges – and let them be the heaviest hinges you can find. Install each hinge with 3-inch long screws to the door as well as to the doorjamb. Typically, hinges come with ½ -inch screws. You cannot secure safe room doors with these types of screws because they are useless. Remember that you need to pre-drill pilot holes for the longer screws.

- ***Safe room door locks***

For safe room locks, go for a door knob with two deadbolt locks. The ideal deadbolt lock is one that requires a key on the outside but be easily opened using a door knob on the inside.

NEVER install a lock that requires a key on both sides on your safe room door. You don't want to fumble around trying to locate keys in the dark.

The doorknob should be installed as usual. As for the two deadbolt locks, install them as follows. The first lock should be installed halfway between the knob and the top of the door. The second deadbolt lock should be installed between the knob and the bottom of the door.

Budget allowing, you can install an additional two deadbolt locks on the side of the hinges, directly opposite the first two locks. That should cost you about \$100. It's definitely worth it. It leaves the intruder with virtually no way to penetrate into your safe room unless he uses an explosive.

For increased safety inside the safe room, do not stand directly behind the door because the assailant may try to shoot through it.

- ***Safe room strike plates***

A deadbolt lock is only as good as the strike plate into which the lock goes. If the strike plate is weak, then the whole locking system is compromised. Again, deadbolt locks will often come with thin shiny strike plates. Do not use these plates for your safe room door. Instead, find high quality deadbolt wells. These are made from heavy steel straps measuring up to 5 inches long,

with a well where the lock goes. They attach to the casing using 3-inch screws and to the studs inside the wall using 2-inch screws.

- ***The safe room peephole***

The ideal peephole is situated about 4 inches from the door knob at the eye level of a kneeling adult (in this case yourself). You will mostly be kneeling while leaning on your side of the door to look through the hole.

The kneeling position guarantees increased safety. Ensure that the peephole is a wide-angle hole. The benefit of placing the peephole to one side is that it allows you to hide behind the wall and still observe through the hole. Also, placing the peephole at the lower level makes it possible to be used by children.

Reinforcing Safe Room Walls

There are two ways of reinforcing the walls of your safe room. If the walls are made from sheetrock, cut a 2-inch hole below the light switch right under your doorjamb and pour sand pea gravel into the hole until it is filled completely. Then use wall patch to patch the hole, sand the wall, and paint.

A second and more difficult alternative is to cut a 2-inch sized hole as above.

But instead of filling the hole with gravel, fill it with concrete and fill the space between the studs. You can use a funnel to pour the concrete. Then patch it as above.

- ***What should I have in the safe room?***

This will depend on your specific needs. For instance, if you're asthmatic, then you **MUST** have an inhaler in the safe room.

However, there are a few basic things that should be stored in the safe room. These include;

- **A cellular phone** – It is possible that the intruder might cut your landline, effectively disconnecting you from the grid. This is when a cellular phone becomes invaluable.
- **Flashlights and spare batteries** – The ideal flashlight is a rechargeable one. However, what if the bad guys also cut your electric supply? Spare batteries are essential! Ensure that you always have spare batteries in the safe room.
- **Ammunition** – Firearms are just one example of ammunition. Consider a 12 or 20 gauge shotgun with 00 buckshot.
- **First aid kit** – If anyone is already injured or gets injured or ill in the safe room, the first aid kit will help
- **Fire extinguisher** – The same applies for a fire extinguisher. You never know when the safe room might catch fire. That's why you need a fire extinguisher.
- **Emergency sign** - How will emergency rescue teams or security officer know where you are in the house? You need a clear sign that you can place on one of the windows to tell them where you are in the house.
- **Collapsible ladder** – This is especially necessary if your safe room is located on the 2nd or higher floors. You can use the ladder to exit through the windows.
- **Your valuables and most important documents** – Remember that although the bad guys might never gain access into the safe room, they will still have the rest of the home to raid. Keeping your valuables such as important certificates in the safe room may help.

An Expert's Guide to Weapons and Weapon Selection

There are several types of weapons; edged weapons, pointed weapons, flexible, weapons, hybrid weapons and so forth. For our case, we will dwell on a type of weapons known as impact weapons. Impact weapons are a type of weapons used to break bone and cartilage.

There is a reason why we will concentrate on impact weapons. The first reason is that it is rather easy for someone to use these types of weapons to strike an enemy in the name of self defense. It takes a different mindset to stick a knife into someone belly, even if they are an enemy. Impact weapons on the other hand are easy to use because you don't really have to think much before firing.

Before we go deeper into weapons, it is important to consider what happens in an ideal fight and how to stage the bet fight.

The best possible scenario is when you don't have to fight at all. If you can reach a compromise with the enemy, then everyone can walk home safe and sound. However, sometimes you have no choice but to engage in a fight. This is when common sense should help.



Pick your battles very carefully. If someone breaks into your home and threatens to shoot your loved one, then you may have to pull the trigger or find some other means to fight back. You're not just going to watch as they butcher your loved one or squeeze a bullet through their brains, are you?

However, you need to be reasonable. If you can disarm the bad guy and render them helpless without hurting them, then that would be even better. Otherwise, try to use as little force as possible.

The law exists to protect everyone; even burglars. If you kill a burglar, you will be charged accordingly. Do not expect to walk away scot-free. Even if you were reacting in self defense, you will have to pay for your actions in some way. For deadly force to be justified, the threat of serious injury or possibly death must be imminent and unavoidable. Therefore, if you or your loved ones are not in any of these situations, you are not allowed to use deadly force.

Where Should I Target?

The following diagram shows some of the parts you should target when fighting an enemy. You will immediately realize that the head is not indicated as one of the parts to target. In fact, the target areas are mostly concentrated around the arms and limbs in general.

You should always aim to hit them in areas where you're unlikely to cause fatal injury. These areas include the arms, shoulders, knees, and limbs in general. The second diagram indicates the areas that shouldn't be targeted unless you want to cause serious injury or even death.

Types of Strikes

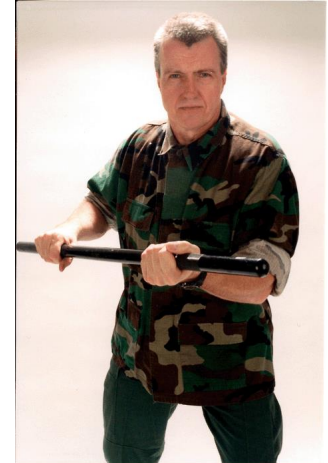
If you're going to strike, you need to know how to hold the weapon you're using to strike, how to swing it, and where to strike. There are many ways to strike but only a few will work for a given case. If you're serious about protecting yourself or if you live in a hostile area and need professional training on striking, then you can find an instructor to help. Nevertheless, here are a few tips to consider;

There are at least three different ways to strike; impact driven, tip driven, and a combination.

Impact Driven Striking

Impact driven striking is when you strike with the top few inches of the tip, the pommel, or the bar. There are two ways to execute an impact strike.

The first is what is called a broken strike. In a broken strike, the strike travels from the point of origin at approximately 90 degrees to the target area and then back to the point of origin. For instance, if the strike starts at your right shoulder, it will hit the target and then return to your right shoulder. Broken strikes are excellent for stabbing or hacking.



The other way to strike is called fluid striking. This is where you swing the weapon at 180 degrees through the target. For instance, if you're starting at your right shoulder, then the swing will cut through 180 degrees to your left hip before returning to your right shoulder. It's more like a batter in baseball, swinging through the target. It is also possible to strike the target when returning 180 degrees to the point where you began, like a backhand in tennis.

Gripping Impact Weapons

As you would expect, there are so many ways of gripping an impact weapon.

- **One hand hammer grip** – This is where you would grab a hammer that you intend to use in driving nails into a piece of wood.
- **Two hand baseball grip** – This is where you hold the weapon with both hands. It is more suited to longer weapons such as baseball bat. One advantage of this kind of grip is that it allows you to put more power into the swing.
- **Two-hand double-force grip** – The main difference between a baseball and double force grip is that while in a baseball grip both palms rest on the weapon, in a double-force grip, only the strong hand palm come in direct contact with the weapon while the other hand supports it. It is effective for short-to-medium length weapons.
- **The bayonet grip** – This is where you start with the strong hand hammer grip with the support hand palm up.

Angles of Attack

There are at least 7 angles of attack. The option you choose will depend on several factors including the type and length of weapon you're using. To make it easy to understand, here are a few terms used in this section. First, a strike from your stronger hand is called a strong strike while that from the weaker hand is called a backhand strike. Secondly, a strike may come straight down or at an angle.

1. **Downward vertical** – This is where you strike straight down into your target area.
2. **Strong side downward diagonal** – This is a strike that comes from the stronger hand at an angle.
3. **A backside diagonal** – This is similar to a strong side diagonal except that it comes from the weaker hand.
4. **Strong side horizontal** – This is a strike that comes from the strong side, delivered in parallel with the ground.
5. **A backside horizontal** – This comes from the weaker hand delivered in parallel with the ground.
6. **The thrust** - This is delivered with two hands, in a bayonet style.
7. **Cross-body** – Also delivered with two hands, but more like a hockey player delivering a cross check.

You will also realize that all the seven strikes discussed here can be delivered using a shorter weapon.

Impromptu Weapons vs. Semi-impromptu Weapons

Basically, an impromptu weapon is something that you have access to and which you can use as a weapon, but which is NOT designed to be used as one. For instance, if you're attacked outside the home and grab the trash can lid to hit your opponent, we can call the lid an impromptu weapon.

Semi-impromptu weapons are basically the same thing except that with these items, you may at one time have envisaged using them as a weapon. An excellent example is an axe.

The axe isn't really designed to be used as a weapon; they are used to cut wood. But how many times are they used in fights? A lot. This is because people somehow see them as *potential* weapons. Another good example is a flashlight.

Semi-impromptu Weapons That Add Power to the Punch

If you're really concerned about self-defence, then you'll also want to add power to your punch. You don't want to break your fingers because you punched the opponents head.

A hammer fist is a strike delivered with the bottom of a clenched fist, more like a swinging hammer. You can also deliver it horizontally like a back fist strike.

This fist isn't likely to break your bones because there is no compression of the knuckles or metacarpals. It is therefore effective for striking the back of the head, the nose, temples, mandibles, the ear etc.

- ***Yawaras***

If you want to add power to a fist strike, you can use the yawara. This simple tool helps to add about 1 inch to a fist and is usually the difference between a flat slap and a round slap. A blow from a flat slap is spread over a larger area resulting in a smaller impact. You want to deliver a strong force on a single place, not a weak slap distributed over a large area.

A kubaton can be used as a yawara with the other end being used as a pressure point. Other items that can be used as yawaras are a screwdriver, a crescent wrench, a putty knife, a pair of pliers, and a wooden spoon to mention just a few.

- ***Tape Measure***

The tape measure can also be used as a semi-impromptu weapon, to enhance the power of the punch. When you clench a fist around the tape measure and deliver a strike, it will be similar to a strike from a flat strap. You can even turn the tape measure slightly in your hand and deliver with the edge. The third way is to strike with the sharp edge of the tape measure which is more likely to cause a cut.

- ***Slungshots***

A slung shot is a device consisting of a weight or "shot" on one end of a line secured with a knot called a "monkey's fist". It is typically used to throw a line from ship to ship or ship to dock.

When used as a weapon, the end can be wrapped around the fist and the weight carried in the hand. In the event of an attack, throw the weight into your opponent face's or swing it like a flail.

You can also make one quickly using a padlock and a bandana. Fold the bandana once diagonally and roll it so that you have only two opposing ends. Thread the bandana through a locked padlock and grab the two ends of the bandana to leave the padlock hanging. Now you're ready to swing a really dangerous strike.

Other Impromptu Weapons

- Double pulley – Get the right size and run a piece of nylon through it
- Dog collar – No one will suspect you. Just get the right one.
- Blackjack (1) – Load your bandana with a handful of bolts and ball bearings and you're ready to go.
- Blackjack (2) – Put one or two rolls of coins into the middle finger of an old leather glove and one roll into an adjoining finger. Grab the glove below the coin and use it.
- Blackjack (3) – Fill a sock with sand and pour some water into it. Your weapon is ready.
- Blackjack (4) – Wrap your towel around a bar of soap and use it to deliver a walloping blow.

A strap for self defense – Typically, a strap is used to hold the book in place while you try to take notes or to hold the recipe book as you prepare a meal. But who says it can't be used a weapon?

A wallet as a weapon – You can also use a wallet as a weapon. Well, you'll need to buy a quality wallet in the first place. The wallets often used as weapons are made from conspicuously heavy leather with the stitches reinforced so they don't burst if you use the wallet to hit something. The snaps and straps are all heavy-duty as well. You can carry the wallet with you all the time because it's really not different from other wallets.

The unbreakable umbrella – The unbreakable umbrella is another weapon that doesn't look like one but which can be used to fight an opponent. It weighs less than two pounds but wallops with the force of a pipe steel.

Books – You can also use a book to protect yourself. If you're attacked while reading, use a large book to shield yourself from blows and knife attacks. Then you can counterstrike to the head, collar bones or arms using a two handed grip.

Edged Weapons

Basically, edged weapons cut things or give added focus to the edge. As such when you strike someone with an edged weapon, they will most definitely bleed. And when someone is bleeding and the blood is flying around, you risk infection. So you need to be extra careful when using your edged weapons. Here are a few examples of edged weapons;

- ***A Knife***

This is probably the most common edged weapon. And there are several types of them; from butcher knives to meat cleavers and paring knives. You need to be very careful when using a knife so that you don't let it be snatched from your hands and used to slice your throat.

There are at least 4 basic ways to grip a knife;

1. The fencer's grip – This is where you hold the knife between your forefinger and thumb tightly with the rest of the fingers wrapped loosely around it. If the knife is single edged, the edge points downwards, if it's double edged, the edges are held horizontally.
2. The reverse grip – This is where the knife is held upside down with the blade lying on your wrist and the edge pointing outwards.
3. The ice pick grip – The knife is held the same you would do if you were chopping ice with the blade(s) held outwards.
4. The hammer grip – This is where you grip the knife like you're swinging a hammer with the blade pointed upwards and the edge pointing towards your opponent.

- ***Torn Soda Cans***

Bend the soda can into two, back and forth until it tears into two pieces and use the sharp edges as your weapon.

- ***A Dinner Plate***

While this may not be the best of weapons, it can still work some magic. Simply break it into two and use it as an edged weapon.

- ***Broken Shard Of Glass***

It doesn't matter where you get the piece of glass from; the table, window, cabinet etc. you can use it as an edged weapon.

- ***A Pizza Cutter***

Again, this is not the best of choices to use as a weapon but still a good call. You can use the handle as a yawara or slash with the sharp cutting wheel or use a combination of the two.

- ***Bottle Opener***

Finally, the bottle opener is another very good choice. The point can be used as a wicked slashing instrument

Pointed Weapons

Pointed weapons are another category of weapons. As the name suggests, these weapons are pointed. Examples include;

- ***A Screwdriver***

A screwdriver is an excellent example. A screw driver can be held either in the ice pick grip or in the hammer grip.

While it may not slash as effectively as a knife, the damage caused will be sufficient to leave a mark.

Consider having a longer, heavier screwdriver which can allow you to flick the tip and strike your opponent's temples, neck, ribs, upwards to the groin as you would do with the tip of a baton or nightstick.

- ***An Ice Pick***

An ice pick can also be used as a weapon and can be easily found in the kitchen. A similar weapon called an awl (usually used to pierce holes in leather and wood) can be found in the garage or workshop. Stab the opponent in the eyes and throat or use the handle to deliver hammer strike blows.

- ***A Kitchen Fork***

A kitchen fork can also be used to stab the eyes and throat during self defense. You can use it in both an ice pick grip and hammer grip. If the opponent raises their arm to block your strike, stab that arm.

- ***A Rat Rail***

An aluminum or steel rat tail can be used to slash with the teeth and stab with the pointed handle into the eyes and throat.

- ***A Nail File***

This tool is almost always in a woman's purse. Hold the end of the file with your thumb and forefinger with about half an inch protruding beyond your fingertips and slash into the opponent's eyes.

- ***Knitting needles***

Yes, you can also use knitting needles to protect yourself. The big ones will particularly do a great job.

- ***Scissors***

There are at least three ways to use scissors to harm your opponent. First, you can open them as wide as they can get and stab with the pointed end. Secondly, you can hold the scissors open about eye width and jab the eyes. Thirdly, you can also stab with the scissors in the closed position as a pointed weapon. You can hold it in the hammer grip or ice pick grip position.

- ***Pens***

Lastly, pens also make very good pointed weapons. They can be used in a stabbing motion to the arm, throat, and the nerve center in the top of the chest. If you hold it in the hammer grip position, you can use to thrust and jab at the face, eyes, and throat.

And in the ice pick position, a pen can be driven into the face, neck, shoulder or pretty much any other target area within reach.

Conclusion

If you haven't learned how to use a rifle, don't waste any more time. Find shooting lessons and sign up for them. Alternatively, find a retired military person and let them help you learn the basics. If you haven't bought a firearm yet, this is also the time. You can easily find guns at gun shows in exchange for cash. Attend gun shows and learn a few tricks. You even need to join a gun group.

Make sure that your home is secure including your windows, garage and doors. Begin plans for constructing your safe room. And while you're at it, start exploring your neighborhood to know exactly where you would run to if ambushed. These are all things that you can start doing today to insure that you and your loved ones are safe when the crisis happens.