

TACTICS AND PREPAREDNESS

SKILLS AND SURVIVAL FOR ALL SITUATIONS

*Many cops don't know how to put their hands on people constructively and are scared to engage. They should be given the tools they need to protect themselves and do their jobs, and **Brazilian Jiu-Jitsu** completes that tool set.*

GRAPPLING AND GUNFIGHTING

A SWAT COP ARGUES FOR JIU JITSU

Theory versus reality. High threat versus opposed threat. What does this mean to you and how does it affect the way you train?

For the last 20 or so years I have made it my duty to ensure that I was as versatile in lethal skillsets as I could be. I began my martial arts journey at about the age of 19. I started in Kenpo and Jeet Kun

Do. I rather quickly learned that either the style or the gym wasn't for me as I didn't see much use in kata, and the sparring was, in my opinion, less than realistic.

I then studied Muy Thai. Kicks, elbows, knees made sense to me. I went to Thailand and trained there for a couple of months. I got to kick the little bamboo *continued next page*

BY GREG LAPIN
PHOTOS BY LUKE MCCOY (USACARRY.COM)



AT HOME PRODUCTION OF FOOD, WATER, AND ENERGY

main: Instead of decorative landscaping trees, try fruit and nut trees that grow well for your area (such as this pecan).

inset: Wild blackberries are prolific in many parts of the U.S. and produce a bounty of nutritious and tasty fruits.

Have you ever considered growing some food at home? How about harvesting water or capturing rainwater or maybe becoming an energy producer?

BY JIM GALE

If you are like most Americans you have thought about these things, but it just seems too complicated, too expensive or maybe you don't think you have the time. After nearly two decades of studying sustainable food, water and energy systems, I know one thing with certainty. Becoming a producer can be easy, fun to do with family and financially rewarding relative to the time invested. Becoming a producer will improve your health, the health of your community and when enough people do this, it will truly bring power back to the people and create a sustainable society for our grandkids and beyond.

FRUIT TREES

You may love your lawn, but let's look at a lawn for what it is. The American lawn depletes more resources than any other agricultural industry in the world and applies more poisons than any other form of agriculture. So, let's start with the lowest hanging fruit and the easiest way to create hundreds of snacks/meals per year.

A useful and beautiful alternative to lawn is a fruit and nut tree forest. Unless you live near the poles, there are fruit and nut trees that grow well in your climate. Find out which ones are best and start planting. The same goes for edible landscapes, medicinal plants, shrubs, bushes, vines, berries, etc. Spend an

hour on Google and you will know more about possible edible landscape options than 95 percent of your neighbors. This is incredibly valuable knowledge in terms of preparedness. When the economy collapsed in Cuba in the late '80s, it was the food producers (along with water and energy producers) who saved lives. Currently, in Venezuela, it's the same story. Even though they have abundant resources and a beautiful growing climate people are still starving as the result of central planning and centralized political control. They are even running out of water because the energy blackouts don't allow water pumps to work. There is a ridiculously easy solution to mitigate human-made problems like this and





A solar install should cost a customer with good credit zero out of pocket and could even be cash flow positive, year one.

part of that solution is to start planting now! Start harvesting rainwater now. Buy a good water filter now.

Don't concern yourself with learning it all at once, just take the first step. Simply stop by your local nursery or horticulturists and ask them what the best food production trees, shrubs and bushes are in your area. Ask them some other details like what kind of organic fertilizer is best, how deep to plant, what time of year is best to plant and general maintenance questions. If done properly, there should be little to no maintenance other than the occasional watering in times of drought. Some smaller trees can be grown indoors for up to three years in a controlled environment, then once they are mature, maybe even starting to fruit, they can be planted outside in late April or May. This will give them the best chance of making it through their first winter. Make sure they have a big enough base so they don't get root bound. Typically a base as wide as the tree is sufficient. Also ask about sun requirements. Some trees like it sunny, others like a partial shade. The whole list of questions will take no more than 15 to 20 minutes. Start by purchasing three or four trees and plant them accordingly. One of the

principles of Permaculture is to use the edges and value the marginal. This means you don't have to take up the middle of your lawn right off the bat, start with the edges and work your way inward.

After four or five years and depending on the type of edible/tree/shrub, you will start to produce more than your family is capable of consuming. Most people may not want to go to the farmers' market (although that is an option) to sell the excess, so what do you do with it? This is where it gets really fun. Using scrap wood and plexiglass, you can build a passive solar heat collector, also known as a solar dehydrator. Commercial models are also available, but often range in the thousands of dollars. Using scrap wood and an old window, my dad built one in three hours and spent nothing. It works great to dehydrate mangos, papaya, pineapple and even ginger and turmeric (he lives in Costa Rica) and can be used to dehydrate just about any fruit or veggie.

When the bumper crop is ready to harvest, gather the fruits, slice them ¼ inch and dehydrate them in your passive solar heat collector. The process will take between one and two days. If the process gets interrupted by rain or dew, then gather the partially dehydrated



Permaculture is the conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability and resilience of natural ecosystems. It is the harmonious integration of landscape and people providing their food, energy, shelter and other material and non-material needs in a sustainable way. Without permanent, local agriculture there is no possibility of a stable social order. It's a revolution, but it's the sort of revolution that no one will notice. It might get a little shadier. Buildings might function better. You might have less money to earn because your food is all around you and you don't have any energy costs. Giant amounts of money might be freed up in society so that we can provide for ourselves better. So it's a revolution. But permaculture is anti-political. There is no room for politicians or administrators or priests and there are no laws either. The only ethics we obey are: care of the earth, care of people and reinvestment in those ends. -Bill Mollison

fruits and veggies and bring them inside. Use a fan to keep them dry, getting them moist in the middle of the process can ruin the batch. These dehydrated fruits and veggies will last

years with proper packaging. Even with no vacuum seal, they can last all winter and taste great. A mature dwarf apple tree will generally produce three to six bushels of fruit. One bushel is equal to 42 pounds. A semi-dwarf tree will produce six to ten bushels of apples, so now, even after dehydration, you've got hundreds of healthy and delicious snacks for your family to eat between harvests.

WATER

What about water? The Venezuelan water crisis scenario can be avoided simply by installing a water catchment system and owning a filtering system. Rain barrels are easy to install and the water collected is mostly free of the chemicals, fluoride, glyphosates and pharmaceuticals found in city water. The water still needs to be filtered and I believe the best filtering system on the market is the Berkey water filter. On YouTube, you can see demonstrations of people pouring muddy swamp water in the Berkey and it coming out crystal clear. Confirm for yourself, but at a minimum, I recommend getting the Berkey and unless you live in a desert, you will have access to lake or pond water which can be filtered. If you currently purchase bottled water, you pay an average over \$1 per liter. If you harvest your own, you'll be paying between zero and .20 cents per gallon.

ENERGY

If you live in the U.S.—especially in the southern states—then you have probably heard the buzz about solar. Maybe you've

heard more from skeptics. What's true? Here is the bottom line about solar. Sales people in the industry are largely unregulated. They can charge anything they want and often do. Most of the smaller companies have no back-up plan, so if things go bad, they are done and any commitments they've made along the way are done with them. That's the negative.

The positive—with existing tax incentives and 100 percent financing—a solar install should cost a customer with good credit zero out of pocket and could even be cash flow positive, year one. The cost of an average solar system in Florida is approximately \$40,000 with a 20-year term and costs about \$240 per month. This typically covers 90 percent of the total energy expense. Smart solar companies do a lot of research before presenting a proposal. The research includes average monthly energy usage, areas of concern (like old A/C units, lack of insulation, etc.) and household trends. The total savings of installing solar typically ranges between \$75,000 and \$250,000 over 30 years. If that money was re-invested, it could be the difference of hundreds of thousands in net worth over 30 years. It's a rare investment that can be guaranteed cash flow positive with zero out of pocket. In Florida, the fastest growing job of 2019 is solar installers. There has been more solar installation in Florida in the past 15 months than in previous years combined.

CONCLUSION

I have often wondered why there are not edible landscapes planted in every yard, park and school. I have heard many theories and have read about kings and governments (govern = rule over, mente = mind in the Latin origin of the term) that would not allow *their* (implying ownership) peasants to produce their own food in past eras. Today, one of the reasons that we are not planting more fruit and nut trees is because it takes years to obtain the first harvest. What I have done to overcome this short-term thinking is visualize my grandkids playing and thriving while enjoying the fruit that I've planted and I imagine a sustainable and abundant society for our grandkids and beyond.

Becoming a producer of food, water and energy at home has many benefits. Even just supplementing your traditional food, water and energy sources in a minor way converts the *idea* of producing into the *skill* of producing and serves as an inspirational example for friends and family in a way that words

never will. I believe there is only one solution and we have little time to implement it. We must turn our resources to repairing the natural world and train our young people to help. They want to. We need to give them this chance to create abundant forests, healthy soils, pure waters, clean energies, secure communities, stable regions and to know how to do it from hands-on experience.

At a minimum, get the experience of successfully growing three fruit trees. Collect, filter and drink some rain water. Produce some of the energy you use independently. When you are serious about resilience and scaling your productivity, consider the Empower Tiny Home (check out my video https://youtu.be/_MeTkW7-g-k). At first glance it is a well-built tiny home, however, a closer look reveals a self-sustaining "mobile store" with off-grid capability. The "off-grid" functionality comes from the Empower Tiny Home's ability to produce its own power, water and food on-site while maintaining mobility. Integrated solar panels with battery backup provide the electricity needs, combined with atmospheric water harvesting technologies creating a potable, no-hookup-necessary water supply and onsite microgreen farming. ✓



JIM GALE TEACHES CHILDREN THE BENEFITS OF GROWING AND EATING SUPERGREENS.

BIO

Jim Gale is an entrepreneur, inventor and eco-village developer. He is launching a franchise which will promote and sell decentralized food, water and energy systems around the world (<https://www.facebook.com/Mobile-Greens-Wellness-510601519335968/>). His long term vision is food forests and edible landscapes everywhere. His eco-village in Costa Rica is called Osa Mountain Village and has over 2000 fruit trees and 150 different types of food growing on-site.

The tragic reality is that very few sustainable systems are designed or applied by those who hold power, and the reason for this is obvious and simple: to let people arrange their own food, energy and shelter is to lose economic and political control over them. We should cease to look to power structures, hierarchical systems or governments to help us, and devise ways to help ourselves. We're only truly secure when we can look out our kitchen window and see our food growing and our friends working nearby.

-Bill Mollison
"Father of Permaculture"