

YOUR RESPONSE AND TRAINING WILL MAKE THE DIFFERENCE

DON'T BE A TARGET,
DON'T BE A VICTIM,
TRAIN HARD & STAY SAFE

CROSS DO NOT CROSS DO NOT CROSS DO NOT CROSS DO NOT CROSS CAUTION

CAUTION CAUTION CAUTION

HOME INVASION RESPONSE TRAINING

GROWING THREAT TRAINING SERIES

TRACY LEE THOMAS



Form A
Strategy™

MODERN PERSONAL
PROTECTION TRAINING

Go2FAS Growing Threat Series

HOME INVASION RESPONSE TRAINING

*Your response and training will make the
difference - Don't be a target, Don't be a victim*

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TRACY L THOMAS Life

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Go2FAS Growing Threat Series

HOME INVASION RESPONSE TRAINING

*Your response and training will make the difference -
Don't be a target, Don't be a victim*

Chapter 1 - Threat Overview..... 1
Chapter 2 - Knowledge 2
Chapter 3 - G.E.A.R. (Guard/Evacuate/Avoid/Resist)..... 3
Chapter 4 - Scenario..... 16
Chapter 5 - Summary 24

At Form A Strategy (F.A.S.), we offer a series of training venues on our Growing Threat Series. I wrote these workbooks as part of the training I have been teaching since 1985 as a Martial Arts, Krav Maga, and Defense Instructor. As a veteran, I have traveled the world and have both witnessed and have been engaged in multiple levels of violence. At F.A.S., our mission is to deliver our experiences and offer training that builds confidence while enhancing survivability.

Here are the most recent updated training workbook titles in my Growing Threat Series.

- 1. Situational Awareness**
- 2. Psychology Of Violence**
- 3. Active Shooter Response**
- 4. Home Invasion**
- 5. Carjacking**
- 6. College Bound Readiness**
- 7. Workplace Violence**
- 8. Surviving Civil Unrest**
- 9. Severe Weather Survival**
- 10. Surviving The Apocalypse**
- 11. The Dark Truth About Sex Trafficking**
- 12. Kidnapping And Abduction**
- 13. Dry Fire to Live Fire**
- 14. Gun And Knife Defense**

Chapter 1 - Threat Overview

Home invasion is a type of burglary in which the criminal enters the home while the occupants are inside. This is regarded as particularly dangerous by law enforcement and authorities because of the inherent potential for violent confrontation between the criminal and occupants. Because of the very nature of the crime, it is often believed that burglary itself is secondary to some other main objective which may be intimidation, rape, or murder. But it is also because of the nature of the crime that it should be taken seriously, and one should prepare, however remote they believe the possibility to be, for the possibility that it can happen. There is an old saying that says it's better to have it and not need it than to need it and not have it. This saying alone should convince you to be prepared, whether you choose to attend a home invasion course, become a gun owner, or maybe you own a firearm or two already and want to learn more about using it in these scenarios. Either way, there is inarguable wisdom in being prepared for the possibility of such an event as home invasion.

Chapter 2 - Knowledge

Statistics themselves and knowledge of the subject, in general, are difficult to obtain largely because of the redundancy of it, if you will. Not all police departments even consider home invasion itself to be a crime because it is all too often directly associated with some other crime that is perpetrated. In fact, it was only recently, within the last decade, that a bill was actually introduced into the legislature to classify it as a federal crime. For example, breaking and entering is already called burglary, so the label home invasion is overlapping, and again in many cases, home invasions result in murder, so the police do not label the crime or event as a home invasion; they simply call it murder. Other departments do use it as a term, but again because some do and some do not, coming up with or developing reliable overarching statistics which offer a well-defined subject of evidence by which to judge the wherefore and so on is difficult at best. For that reason, we have to rely on what evidence we do have to aid us in providing ourselves with a general knowledge of the crime or event and what we can do about it. To begin with, because it is entering the home while the occupants are in residence, we must look at it from the perspective of nearly always involving violence or the direct threat of it and use that to help determine what tools we would need to deal with it and survive the confrontation. Let's take a look at our G.E.A.R. and see what that tells us about prevention and preparation.

Chapter 3 - G.E.A.R. (Guard/Evacuate/Avoid/Resist)

The G.E.A.R. Steps are designed to aid in virtually any situation you may find yourself in. They are tools by which you can vastly increase your chances of survival if you practice them, follow them, and use them as a guide. And this is how we might utilize G.E.A.R. to help us avoid or survive a home invasion threat or encounter.

GUARD

The chief aspect of the guard step is to be situationally aware of your surroundings and take note of how you can use those surroundings to help you avoid or detect home invasion. Naturally, this depends a great deal on what type of housing situation you have. Do you rent and live in an apartment complex? Are you a homeowner and have a house separated from others with its own yard? Is your house situated near or far from other homes? And what type of neighborhood do you live in? Is the threat of home invasion higher or less likely in your environment?

One of the first lines of defense against home invasion is preplanning and understanding the various routes that should be taken during multiple types of home invasions. Of course, some type of alarm system is always a key component.

But this may not be possible if you live in an apartment. Sometimes apartment complexes can be high-risk areas precisely because they are in compromised neighborhoods where crime is the norm, and also because of the nature of apartment complexes themselves, having an alarm system isn't always possible. In such situations, a strong lock is ideal for at least some defense and minimal alarm.

For homeowners, alarm systems are much more popular, and with the advent of the internet and interconnected systems, an alarm system can also feature cameras at different places around the home and may automatically alert authorities if forced entry is being attempted. This may offer some small deterrence itself, but it is best not to bank on it; as the theory goes, if someone is intent on invading your home, they are intent on a particular business and may simply ignore the cameras or, in any case already be disguising or hiding their identity with masks. But having cameras may be a step to consider, including, as so the theory also goes, every bit of deterrence helps. And noticing strangers approaching or attempting entry may indeed buy you enough time to prepare either by hiding, alerting authorities and or arming up. But this also may not be as initially helpful as we would hope as home invasions are sometimes conducted by subterfuge, i.e., the perpetrators simply knock and ask to come in using disguise as some kind like a city employee, or they may use some other innocuous and unassuming means.

In some cases, women asking for help have been used as bait, or a means to get the door open, which perpetrators hiding nearby then rush and force their way in. So again, situational awareness is paramount in helping divine whether something is off or not as it should be and becoming aware that a home invasion may be imminent.

Yet another detection system may be a dog. Dogs are uniquely able to sense when things are not as they should be and able to alert you to that before it starts. And dogs being what they are, are also uniquely capable of driving off or fending off even multiple intruders. And can certainly aid in adequately defending your home and the valuables in it, most especially you and your family. The final word on guard, though, should be that even though it is your home, and you should ideally always be at ease in your home, you should also strive to remain situationally aware of your surroundings at all times.

Consider what you would do and what route you would take if this occurred.

- You park in the garage or driveway, and as you enter the home, someone is already there.
- You drop the groceries off in the kitchen, and a man is standing there with a knife.
- You are awakened by a sound, and you see a man enter a family member's room.
- You suddenly wake up with someone's hands around your neck.
- You wake up and are duct-taped to a chair.

The list goes on, and each of these has happened many times in many places throughout the country. The instructors at Form A Strategy teach multiple scenarios as many times it can lead to an abduction, rape, or murder.

EVACUATE

Evacuate means having a preplanned route available at a moment's notice should something happen. Just as you have or should have a preplanned route in case of fire, so should you have one for home invasion or, for that matter, any other reason that might give you cause to evacuate your home immediately.

You need to make sure all occupants know it and know how to execute that plan without hesitation. Not only does this allow everyone to get out quickly, but it also maintains a sense of order and the ability to count heads, if you will, or make sure everyone is accounted for. In the case of home invasion, however, or threat of immediate violence, you are urged to evacuate by whatever means are available. This is all the more important if it occurs while you are upstairs. Is there a window, a back deck, a lower roof, or is there a safe room or space in the home? If so, do it and call for help. But if evacuating is not an option, if you are in more immediate danger and cannot flee, your next option is to avoid.

In the evacuation training stages, each course participant sketches out multiple scenarios that cover basements to attics. Which routes to take from stairs, elevators, windows, doors, etc. At F.A.S., forming the strategy is simply a must to save lives.

Preplanned evacuation routes are imperative during a home invasion when the clock is ticking.

Your side. Every second will seem like minutes, yet time is something that is not on your side.

-Tracy Lee Thomas

AVOID

Avoid means to avoid conflict or violence with a home invader. If you are unable to flee and evacuate, this is your next best option. We train each course member on cover and concealment best practices. In many homes in recent decades, a panic room has become a strong go-to place to retreat to safety. A panic room is essentially one room of the house that has been fortified with mechanical locks in place, which can deter and defeat even the most aggressive intrusion attempts. Cameras are placed, which allow the occupant to view the invaders and know where they are and if they have left. There are also means of communication by which authorities can immediately be contacted and alerted to the problem. Granted, not everyone can afford a professionally installed panic room; however, options do exist for creating or fashioning a poor man's panic room which may still perform the same service.

Choose a room in your home with the sturdiest door or confines, such as a bathroom or bedroom. Then look for ways by which you can fortify that quickly. Is there a chair or dresser or some other object which could be instantly placed beneath the door handle or against the door which could feasibly deter an invader and keep them from entering? Seek a 4–6-hour home invasion training course that will last a lifetime. But overall, any means by which you can deter or slow down an attacker or invader is

advisable and should be considered. Remember, furniture and objects in your home can be replaced; you can't.

RESIST

Resistance is the step whereby you confront the invader and, if necessary, violently repulse their attack. Castle Doctrine is prevalent in many or even most cases, but to avoid conflict with the police, you may want to understand precisely what the legal ramifications are regarding home defense. Castle Doctrine essentially stated that every man's home is his castle, and he has no lawful duty or obligation to retreat if violently confronted there. And that he has a right to use violence, even deadly force to repulse or resist a home invasion. Know your state laws.

Now regarding home defense, beyond a large dog, the best and most effective means of home defense learning how to defend oneself with or without a weapon. Again, we caution that before purchasing a weapon, you necessarily need to educate yourself regarding the responsible ownership and use of a weapon. With that said, a gun is the most effective means of home defense and, depending on your personal needs and situation, should be stored safely but handily so that it can be gotten to and utilized on short notice. It does you no good otherwise.

While any weapon is better than none, a firearm is perhaps the most effective and recommended weapon for the purpose of home defense. And like any firearm, you are cautioned to be mindful of not only what you're shooting at but what's behind it. Certain rounds can be quite powerful and easily penetrate an intruder and the wall behind them. So, you are urged to be of extremely sound mind in using the weapon, but also in what direction and what lies behind your target. Ultimately anything can be used as a weapon and should be to defend yourself and your loved ones. But you must also be conditioned to think that way and conditioned to take that advantage adequately. A large caliber pistol, rifle, and shotgun all function differently; the sound within interior walls can be disorienting,

and where you safely store them is key to having immediate access. Do you know the laws in your state on using a firearm?

If you are of any doubt whatsoever in your ability to successfully confront and overcome a home invader, you are strongly advised and urged to seek evacuation or avoidance as a means of escaping harm. Using a weapon of any kind against a determined attacker you are unable to cope with, most especially a gun, will more often than not simply enrage the attacker and result in their using the weapon against you. So again, you are most strongly advised and urged to think deeply about your ability to defend yourself against a determined attacker.

Play the what-if game.

What if someone were to break into your home right now?

What would you do?

What would your likely response be?

How would you respond?

Would your natural reaction be to flee?

Or fight? If you choose to fight, how?

What weapons are available to you, and do you know how to use them properly or adequately enough?

This has absolutely nothing to do with ego but with facts as you understand them to be.

Could you honestly take a determined attacker and neutralize him as a threat by whatever means?

It is your life and the lives of your loved ones at stake, so consider your answer very carefully.

Taking the time to consider your situation and to honestly assess your abilities and capabilities in defending yourself and your home against invasion is likely one of the soundest and wisest investments of time you can make. And consider what safeguards you are most comfortable with. Ideally, the very best home defense is a dog and a gun. It doesn't get any simpler or more effective than that, short of keeping medieval pikemen at your door.

But they don't let us do that anymore.

Growing Threat Series

Violent Encounters - Don't be a target, Don't be a victim

Home Invasion Training Workshop

1. G.E.A.R.

2. Guard

Guard - Situational awareness. Be aware of your surroundings.

- a) Situational Awareness Signs
- b) Evacuation Measures
- c) Avoidance Measures
- d) Physical Encounter
 - Open Hand
 - Edged Weapon
 - Gun Defense
 - Weapons Of Opportunity
 - Hands Duct Taped In Chair
 - Hands Tie Strapped On Floor
- e) Resistance Measures

3. Evacuate

Evacuate - Time is not on your side. Evacuate the area.

- a) Situational Awareness Signs
- b) Evacuation Measures
- c) Avoidance Measures
- d) Physical Encounter
 - Open Hand
 - Edged Weapon
 - Gun Defense
 - Weapons Of Opportunity
 - Hands Duct Taped In Chair

- Hands Tie Strapped On Floor
- e) Resistance Measures

4. Avoid

Avoid - If one cannot evacuate, take avoidance measures.

- a) Situational Awareness Signs
- b) Evacuation Measures
- c) Avoidance Measures
- d) Physical Encounter
 - Open Hand
 - Edged Weapon
 - Gun Defense
 - Weapons Of Opportunity
 - Hands Duct Taped In Chair
 - Hands Tie Strapped On Floor
- e) Resistance Measures

5. Resist

Resist - When confronted as a last resort, resist.

- a) Situational Awareness Signs
- b) Evacuation Measures
- c) Avoidance Measures
- d) Physical Encounter
 - Open Hand
 - Edged Weapon
 - Gun Defense
 - Weapons Of Opportunity
 - Hands Duct Taped In Chair
 - Hands Tie Strapped On Floor
- e) Resistance Measures

Evacuation Routes

Now, let's sketch out a few routes...

- a) Upstairs
- b) Main Floor
- c) Downstairs
- d) Basement / Cellar

Sketch Below:

- a) Upstairs Sketch & Notes

- b) Main Floor Sketch & Notes

c) Downstairs Sketch & Notes

d) Basement / Cellar Sketch & Notes

Ingress Points Listed

Egress Points Listed

Chapter 4 - Scenario

In this section, we place you in a fictional scenario by which you experience a home invasion, and we review the possible actions you might take and the options you have at your disposal so that you can consider what it's really like to experience it, and how you might train yourself to prepare for the potential eventuality.

You are at home, alone, and it is the afternoon. You aren't expecting company and certainly aren't expecting trouble of any kind. After all, no one breaks in or causes trouble during the day, do they? So then imagine that you hear a knock at the door or the doorbell rings. Naturally, you take a glance through a window or peephole and see that it's two young men. At first glance, they appear to be city employees of some type. You discern this from the shirts they're wearing, which have some kind of logo you're vaguely familiar with, and they have hats on with the same logo. And one of them is carrying a clipboard while the other has some type of device you imagine is for measuring something or other, such as a meter. Your first impulse is to answer and see what it is they want and if you can help.

So that's what you do.

They appear pleasant, they smile, and say they need to measure the readings on something or another, and may they come in? Seems harmless enough, and at first, you don't really give it any thought. You'd like to be helpful, and you certainly don't want to cause any issues with whatever it is they're trying to measure or data they're trying to collect.

Guard - You should always strive to be situationally aware even within the relative safety of your own home. And you should always listen to your instinct and keep your wits about you. In other words, think before

you act. City institutions will generally offer some type of heads up if they plan on doing any type of work or checkups around or especially in your home. And generally, this means giving some kind of notice beforehand. Additionally, you should never let anyone in your home without first checking I.D.'s. Truly, in today's world, answering that door is a real concern. City employees always have them and have no problem showing them. Furthermore, if there are any doubts, you should call that particular office and ask if they are sending people out. The alleged employees should have those numbers handy and should have no reservations whatsoever about giving it to you or having you check. If for any reason they do seem reticent, deny them entry immediately and close and lock your door. Call the police and inform them of the activity. Criminals often try new and enterprising schemes to gain entry, and while the authorities may be aware of some, they may not be aware of all. And they would be very happy to drive by your home and be made aware of any such schemes or attempts. Finally, never be afraid to check identification, ask questions, and request proof of anyone claiming to be who they say they are. However, checking identification involves opening the door, and in this course, you will see how that can turn into another scenario.

If they are legitimate, they should have no problems at all providing it. And under any circumstance, and for any reason whatsoever, you feel uncomfortable or have doubts, deny them entry and close and lock your doors immediately, and call the authorities. It's better to be mistaken and a little paranoid than to be caught by criminals and within their clutches with no help available.

Pay attention also to any behavioral shifts in your dog. While dogs generally get excitable and bark when anyone arrives at the door, there's a marked difference between their being excitable and curious and instinctively suspicious. If the dog seems to express a serious distrust, then trust his instinct. Don't let anyone in. Note: in most cases, we don't recommend you opening the door as it's the number one-way home invasions occur.

In every case, however, pay close attention to the behavior of visitors. Do they maintain a polite distance and respect space? Do they seem to inch closer or in any other way display odd behavior, perhaps shifting their attention or paying close attention to who's driving by? These may be indicators they're up to no good. And a good grasp of situational awareness can help you spot trouble before it starts.

Now consider that they are displaying suspicious behavior and seem pushy about entering the home. You call it quits and begin to close the door when one suddenly tries to push his way in. And consider, in this case, you have no dog. It's just you.

You've managed to shut the door but were unable to lock it in time before the intruder tries shouldering his way through. It's now become a home invasion attempt.

Evacuate - If you make the choice to evacuate and have decided you can't or don't possess the ability to defend yourself, you should have a preplanned route in place. The most obvious choice might be a break for the panic room if you have one. Maybe your preplanning training has you evacuating out the back or side door to the neighbor's home. The point is that you would ideally already have considered the possibility of this happening, and now it is, and now that plan is put into action. Alternatively, if they had attempted entry through the back or through a window, you want to evacuate the farthest from them if you are able. Secondarily there's also a window if it's again feasible. The point here is that you should ideally have already thought this through, and so regardless of point of entry, you have a preplanned route(s) of escape. In the training course, it takes a bit of time to consider, plan and practice. But it could save your life. If someone comes in through this way, what other way do I have to escape? How can I get myself and or my family out immediately?

Avoid - If escape and evacuation isn't an option, if you can't reasonably make it in time, your next option may be avoidance measures. At Form A

Strategy, we utilize the concept of simplicity over complexity. With G.E.A.R., we know all too well that the Avoid phase and its strategies and tactics with regard to concealment and cover buys time. Time and how one uses it is very valuable during a home invasion scenario.

If, as in this scenario, they try shouldering their way in or pushing their way through, you likely won't have enough time to make a break for the back door. In any case, you should instantly use whatever is nearest to either create a barricade or disrupt their entry in some way. Perhaps there's a small table, a large vase in a foyer, or anything like it might do to shove in the way of the door. The point here isn't to create any kind of permanently barring force, but rather something to merely buy you time. Any kind of disruption could buy you enough time to get to the next point on your evacuation route.

Alternatively, it could buy you enough time to retreat to a room and lock that door or shove a piece of furniture in the way and thus prevent entry. Remember, there is no piece of furniture or object that can't be replaced. You may not like the idea of breaking things, but your preplanning recognized what barriers and obstacles are and which ones can be used. In any case, it certainly isn't worth your health, life, and welfare or that of your family. Survival is key, and their intent is most likely unknown. Don't give it a moment's hesitation; grab a lamp, and throw it, smash it on your evacuation route while in the avoidance phase.

Yell, scream, call for help as loudly as possible. This has the dual effect of possibly alerting neighbors and also disrupting or confusing, or intimidating intruders. Humans naturally shy away from loud sounds, and screams and yells can be severely disconcerting. And again, that could be just enough to buy you an advantage, also called time. And to live through this encounter, you'll need every stinking advantage you can get.

Resist - This is your home. It is the one patch of ground on God's green earth you call yours. It is sacred to you, and no one has any right to take it

from you, defile it, or invade it. And you have either chosen to make a stand, or you have no other recourse, and defense is your final option.

In this case, remember the old saying, the best defense is a good offense. Attack.

Now, here you will revert to your lowest level of training under stress. Training, knowing what to do, and not feeling like you have no clue will make the world of difference. You have already formed a strategy, practiced with physical defense, edged weapons, gun defense, etc. Even know the training may have been a short course, one simply element of that course could very well save your life.

Use whatever means you have at hand to disrupt their attack and foil their attempt at entry and or getting at you. It's called a paradigm shift. You have trained on utilizing weapons of opportunity, and you have turned fear and stress into fighting back with rage. It's difficult to utilize a weapon against you if they're too busy fending off attacks from you.

Don't Be A Target, Don't Be A Victim...

Train Hard & Stay Safe.

-Tracy Lee Thomas

If someone has invaded your home, you must assume they mean you harm. They mean to hurt and or kill you. Any other assumption could cost you your life or the lives of your loved ones. But as we mentioned, it's difficult at best to press an attack if they're too busy fending off yours.

People that do this are generally looking for an easy target, so make yourself an expensive one. If you possess a weapon, like a gun, are you prepared to use it? That's why you trained yourself to keep it readily available, and in this moment, you'll fall back to your lowest level of training under stress. Going to the indoor range did not prepare you for this.

In the case of resistance, do not think for a second you can in any way negotiate with them. It has long been the national policy of the United States that we do not negotiate with terrorists. It should be your policy too. Remember, if these people forcibly entered your home, they aren't there to talk, and any attempt to do so could allow them the chance to get to you.

So, stay away. Create distance, maintain distance, don't let them near you if you can help it. If the resistance phase is upon you. Your training will kick in, and you will need to fight for your life.

Remember, weapons of opportunity are just that, an opportunity to create space, more time, or slow and or stop the criminal. If you don't have a weapon handy, use whatever is on hand. Anything can be used as a weapon. Remember, lamps, rolling pins, bats, picture frames, virtually anything at all can and should be used as a viable weapon. Even food and drink. It may seem silly, but dollars to donuts, a nice hot cup of tea, or coffee in the face of a bad guy will end his reign of terror instantly. If nothing else, you can momentarily blind them, thus giving you a chance to escape and evacuate or press your attack and neutralize the threat.

Neutralizing the threat means you stop the attacker by any means possible. If you drive them away, good; if you disable them, good. If you are forced to injure or kill them, that's fine too.

Ultimately, if you have made the choice to defend yourself and resist, then remember, this is a contest of your will to survive vs their will to hurt you. Simple as that. It's an ugly truth, to be sure. But it is the truth.

Growing Threat Series

Violent Encounters - Don't be a target, Don't be a victim

Home Invasion Training Workshop

1. G.E.A.R.

2. Guard

- a) Situational Awareness Signs
- b) Physical encounter
- c) Edged Weapon
- d) Gun Defense
- e) Weapons Of Opportunity
- f) Hands Duct Taped In Chair
- g) Hands Tie Strapped On Floor

3. Evacuate

- a) Situational Awareness Signs
- b) Physical encounter
- c) Edged Weapon
- d) Gun Defense
- e) Weapons Of Opportunity
- f) Hands Duct Taped In Chair
- g) Hands Tie Strapped On Floor

4. Avoid

- a) Situational Awareness Signs
- b) Physical encounter
- c) Edged Weapon
- d) Gun Defense
- e) Weapons Of Opportunity
- f) Hands Duct Taped In Chair
- g) Hands Tie Strapped On Floor

Chapter 5 - Summary

Home invasion is something that isn't supposed to happen, but it does happen. And for that reason, we have to remain vigilant to the possibility, however remote, that it can happen to us. Being vigilant doesn't mean you perch on top of your roof with a shotgun waiting for bad guys. It doesn't mean possessing some special skill set of elite soldiers. It simply means training yourself to be situationally aware of your surroundings at all times while following the G.E.A.R. steps.

Casually noting who's in your neighborhood when you take out the trash or get in your car very often tell a story. It means observing the sounds and sights that surround you. And it means remaining open to what those surroundings tell you and listening. Whether it's your dog that seems to seriously distrust some people going door to door ostensibly selling magazines, or the hairs on your neck and your instinct telling you to pay attention to that odd sound in the middle of the night and not just go back to sleep. It means taking the extra time to simply check something out, and pay attention, and being prepared to act on that.

And if something does happen, you've taken the time to pre-plan a route or path to safety for you and your loved ones, just as you would if there were a fire or some other emergency.

Have you memorized the steps of G.E.A.R.?

And do you know them well? Guard, stay situationally aware, Evacuate, pre-planning a route to safety, Avoid using your environment, your furniture, doors, etc. to create barriers, blockades, and disruptions to create distance and avoid conflict, and Resist, being fully committed and fully

prepared to do whatever is necessary to fight off an attacker and neutralize the threat of a home invasion.

So much can be avoided by simply spending a little extra time to prepare and practice the right skills, so they become ingrained as second nature. People spend more time meticulously going over their fantasy football rosters. So why not devote even a fraction of that time to the thought processes of keeping you and your family safe and prepared for an event as tragic and frightening and dangerous as a home invasion. There is a sea of stories that ended in tragedy because people were simply unprepared to deal with a home invasion who had no idea what to do or even how to do it. And they, unfortunately, paid a price for that lack of foresight.

But there are also a handful of stories with far happier endings, where a homeowner or occupant successfully prepared for a home invasion, took the steps of G.E.A.R., and ended an assault against themselves and their loved ones. And a home invasion attempt ended badly for the bad guys.

So, take the time and think about this workbook, use it as a guide, and look at your home. In what ways could you successfully guard, evacuate, avoid, and resist? Are you properly trained in the use of the gun you have? Do you have a dog? Can you get out of the house or to safety if someone attempts to get in? Are you familiar with various schemes home invaders use to gain entry, like posing as city employees or asking for help? And do you honestly have the ability and the wherewithal to resist attackers invading your home? Are you honestly prepared to do what you have to? Have you thought through it? Have you practiced it?

If you aren't or aren't sure, there's no shame in admitting it. There's only shame in doing nothing about it. There are plenty of resources available to help you learn, train, and exercise the necessary skill set to survive a home invasion. Don't be afraid to ask for that help and to seek it out and learn. There's plenty of good people who will be happy to provide every kind and type of tool and knowledge you could want to help you prepare for the eventuality.

Far too many people have fallen prey to tragedy because they just didn't want to think about it and thus didn't bother preparing for it. Home invasions are an ugly truth, we don't like it, but it happens. And don't fool yourself into thinking that you can just deal with it on the fly if it happens, with a big IF, because, believe us, you don't want to know how that scenario is likely to play out.

Home invasions happen for a reason because someone wants to take something from you, cause harm, etc., by force and intimidation. And they're fully prepared to do whatever they have to get it. And it's your will to resist vs their will to impose their will on you to take what they want.

Understand that and understand it well.

Remember, home invaders are criminals and among the worst kinds of them. These people are invading your home with the very specific intention to do you or your loved one's harm. Home invasions frequently result in murder, abduction, and rape, as well as burglary. So don't think for an instant that you can simply talk your way out of something or simply give them what they want, and they'll go away. Giving a criminal what they want is just a signal that they can take everything else as well, including your life and the lives of your loved ones. So, take the threat of home invasion seriously, and prepare for it. Keep your mind and your tools sharp, and use those tools to keep you safe and secure.

And look to the **F.A.S. Growing Threat Series** for more books on surviving and thriving in a dangerous world. We've got a book for every eventuality out there, except maybe the zombie apocalypse. But we'll probably produce one of those too.

Please, stay safe and stay secure.