3 Basic Principles for Safety & Protection (AMIS)

Anticipate
1. Anticipate and study opponent’s actions
2. Set up early warning systems
3. Gather opponent’s information (SALUTE+F)

Information Security
1. Safeguard your information
2. Don’t reveal your actions to opponent
3. Surprise the opponent

Conduct CAP
1. Cooperation & Coordination
2. Analysis - SWOT
3. Preparation

Maneuver
1. Be flexible
2. Be unpredictable in your actions
3. Blend into the environment
4. Escape & Evasion (E&E)

Anticipate
1. Anticipate and study opponent’s actions
2. Set up early warning systems
3. Gather opponent’s information (SALUTE+F)
SALUTE+F Report

Size or number of adversaries
Activities or actions of adversary
Locations and directions of movements
Uniform or unit identifications
Time and date adversary was observed
Equipment and weapons observed

Family members of the adversaries
3 Basic Principles for Successful Escape & Evasion (E&E)

If you are captured, most opportunities for successful escape exist during the first few hours.

a) Keep concealable tool on person at all times
b) Always be aware of your surroundings
c) Study your opponent and plan your evasion before any attempted escape

a) Maintain a survivor mind-set
b) Must be willing and prepared to incapacitate the threat if you can’t escape

a) Condition yourself mentally and physically
b) Always stay alert
c) Where ever you are, identify at least 2 separate ways of getting out

Strength in Numbers သည် လိုအပ်သောနေရာများသည် ပျော်ရွှင်စွာ ဖြစ်ပေါ်နေသည်
“the Whole is greater than the sum of its parts”

1. Improved security
   a) Watch schedule that actually allows you to sleep while your neighbor watches your back ဗောက်ညွှန်းလျှင် အောက်ပါသော
   b) information security အခြေခံသောအချက်အလက်များသည် ကြည့်မယ့်စွာ

2. Reduced duplication of tasks/resources
   a) Providing security for a crew of 20 is just about as easy as providing it for only your family အခြေခံသောအချက်အလက်များသည် ကြည့်မယ့်စွာ

3. Specialization
   a) utilize everyone’s skills and strengths – not everyone has to do the same thing သည်းတွေ့ကြည့်သည် အခြဲအရောင်းများသည် အခြဲအရောင်းများ

4. Mass
   a) Lots of defenders can ward off lots of attackers သည်းတွေ့ကြည့်သည် အခြဲအရောင်းများသည် အခြဲအရောင်းများ

Conduct CAP
1. Cooperation & Coordination လိုအပ်သောနေရာများသည် ပျော်ရွှင်စွာ ဖြစ်ပေါ်နေသည်
2. Analysis - SWOT လိုအပ်သောနေရာများသည် ပျော်ရွှင်စွာ ဖြစ်ပေါ်နေသည်
3. Preparation လိုအပ်သောနေရာများသည် ပျော်ရွှင်စွာ ဖြစ်ပေါ်နေသည်

https://www.skilledsurvival.com/urban-escape-and-evasion/
Mental Coping Skills

Social support network
- Family, friends, and/or peers
- A structured meeting run by a lay leader or health professional
- No need to be in a formalized setting. Can be informal.
- Regular meditation sessions: 5minX3 a day
- Can do it while running, walking, sitting, lying
- Can do it individually or in a group
- Quiet, still, and focus the mind
- Do not use any substances that will cloud your mind
- These are short-term relief and have negative side effects

Meditation
- Listen to music that makes you happy
- Play music and focus your mind on that task
- Any arts or craft that will focus your mind: painting, coloring, beading, etc.

Music, art, and craft therapy
- Physical Exercise & Sleep
Resources

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