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"Armed Senior Citizen" - Trust is Not Cheap. It Can Cost You Your Life Dr. Bruce N. Eimer, Ph.D

"Don't be a deer caught in the headlights of the Kenworth of life!" – Clint Smith

Trust is not cheap. It can cost you your life! The elderly woman had just been telling her daughter the day before how much she trusted her cleaning lady, how nice she was. Nevertheless, her daughter advised her not to leave the cleaning lady with her keys. She did anyway. Two days later, when the elderly woman came home at around 9:30 PM from the movies, she was assaulted in her apartment by an intruder who had let himself in with those keys. The intruder beat her into unconsciousness. Now she was barely hanging on to life in the ICU.



The police picked up the woman's assailant after questioning the cleaning lady. It turned out that he was the cleaning lady's old boyfriend, and he admitted to the crimes. He had been recently released from prison, where he had served 3 years for a string of similar crimes all of which involved elderly victims.

Be Suspicious. The morale of this story is Don't take anything or anyone for granted! Be suspicious. Don't give away your trust. Never give out your keys! You might end up in shock and awe, and that's not a good thing! As the famed defensive firearms trainer, Clint Smith says, "Don't be a deer caught in the headlights of the Kenworth of life!" That means, don't be easily or overly impressed with people's apparent good intentions. Most

people have a dark side, and it could be a boyfriend that just got out of the pen.

Stay Aware And Stay Conscious. Trust no one. Apathy and unawareness can lead to unconsciousness—permanently!

If you look vulnerable due to physical disability or limitations as a result of aging or physical illness, expect people to try to take advantage of you. But, if you are trained to safely use and carry a firearm, and you are legally permitted to carry concealed in your jurisdiction, capitalize on the important variable of the “surprise factor”.

For example, an acquaintance who is in her sixties and challenged by lifelong orthopedic problems associated with childhood polio, surprised me the other day when she shared that she was a shooter and a concealed carry weapons permit holder. Her outward appearance is of an alert, situationally aware, confident, mature woman, with a notable postural list and limp, who walks with a cane. I would have never guessed she packs heat. In all likelihood, neither would a predatory criminal, and that spells S-U-R-V-I-V-A-L for my acquaintance, and a real bad day for anyone who would attack her!



Karambit in pocket.

Never Open Your Door Wide To Strangers!

This means the door to your home and your personal security. Mother was right all along. Call the police if you see anything suspicious, and lock your door as soon as you enter your home and your car. Don't walk through isolated parking lots unaccompanied or unarmed!

Always Carry A Flashlight. Always carry a flashlight when you are out as well as when you are at home. It will come in handy. When you go to open your car door, first check under and in your car. Before you enter your home, have your flashlight ready. When you answer your door, use your peep hole to see who is ringing or knocking. Have a flashlight ready to shine into the eyes of a potential miscreant if you choose to open your door. A bright light will

temporarily blind an unwelcome caller and give you time to slam the door shut. If he has his foot in the door, slam the light into his noggin!

Go Armed. Carry a gun, knife and flashlight on you as much of the time as you can. It's a war zone out there! This also means having your gun in an instantly accessible place in your home should you need it. Think of it as a security blanket which means you still must establish good cover. .

Develop safe gun handling and good marksmanship skills so that they are reflexive if you should ever need to use them for real. So, go to the range regularly and practice, practice,

practice your shooting skills. The lead won't kill you, but if you are unprepared, a predator might!

Vary Your Routines. Keep your shades drawn at night. Don't let uninvited eyes in on your party. Vary your daily routines. As we get older, we tend to become more set in our ways. This is not good. It makes us too complacent. By varying our routines, we counter complacency and add stimulation to our lives. Furthermore, predators and stalkers don't feel comfortable if they have to track an erratic target. They like to prey on nice and predictable victims. So, don't become predictable and don't become a victim!

Seniors are typically thought of as being predictable because they typically are! Well, you can get your Social Security Check by mail. Just don't check your mail at the same time every day! Don't go shopping on the same day and same hour of the day each week. Shop on different days and preferably at more than one market.

Be Deceptive and Cunning. It helped thousands survive in Europe during World War II. It will help you survive today as well. Don't fall for the predator's deception. Say no to overpersuasive attempts to get your attention and compliance. For example, when approached by people who persist in trying to persuade you to help them, go for their sales pitch, let them in your house so they can use the telephone, check your gas meter, etc., stand firm and say "no go away or I'll call the police."



Emerson Pocket Karambit on table.

Don't be afraid of insulting people or being rude. Your life is worth more than that. It's better to be thought of as rude than to be found dead. I want you to enjoy your early retirement. Don't let some dirt bag retire you!

If you are attacked by a predator, fight aggressively in every way with great viciousness. Your attacker has no heart--not if he would prey on you. Thus, he deserves no quarter.

Convince yourself beforehand that if you are attacked you will win the fight. Convince yourself that No dirt bag is ever going to take your life before your time.

Disparity of Force. Capitalize on the obvious disparity of force between you and your attacker. That means your attacker will not expect you to fight back. That gives you the advantageous element of surprise. Additionally, if you have to shoot an attacker to stop him from killing you, or causing you grievous bodily harm, a jury of your peers will understand that were it "but for" your gun, you would have been food.

If attacked fight back viciously and but expect to get hurt, maybe badly—but fight and prevail. It's a survival issue. Tell yourself, no matter what, you will survive. Getting hurt is better than the alternative especially if you launch a valiant counter-offensive.

This is not to say, that you shouldn't escape or run away if you can, because you should. But if you can't, do what you have to, to survive.

Carry a knife and a gun. At least you can use the knife if for nothing else than for cutting fruit! A sharp blade (either a one-handed opening folder or a fixed blade) is the ultimate close quarter fighting tool. In a close-up, sudden attack, you may not have a chance if caught unaware (you shouldn't be in the first place, but . . .) to draw your gun.



Karambit drawn from pocket.

Ernest Emerson's folding Karambit is a great knife to carry in your pocket. The pocket clip allows you to carry it clipped in your pocket at the ready. With its patented wave opening feature, you can draw the knife from your pocket in one swift motion, and as the knife opens, have it in your hand ready for deployment in a reverse fighting grip. The pocket clip can be switched to either side of the handle for left or right handed pocket carry. Cheat to Win! You are elderly. Bluff if you have to. Fake a heart attack. It will momentarily disorient your attacker, and buy you time. How you carry yourself may determine whether a predator picks you or the next person. Remember that if you look like food you will be eaten.

Get tough. Don't feel sorry for strangers. Remember: You are on your own out there. So watch your 360 and stay safe!

SOURCES Emerson Knives, Inc. 310-212-7455. www.emersonknives.com.

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