

Fortress Defense Newsletter

Volume 1, Issue 3

March, 2011

What's New at Fortress

February was another busy month for Fortress! We had a wonderful Women's Defense Course that prompted a great request from a student. We were asked if we offered a defense course for young women preparing to leave for college, and our answer was: We do now!



Fortress Instructor Vince Romano teaches gun safety using Airsoft to a young student

Look for our Collegiate Women's Defense Course to be offered sometime during July. This class will be specifically for young women setting out on their own for the first time, and it will cover issues particular to the college/dorm setting. Makes a great graduation gift for someone you love! And don't forget, we will travel to you and train your group! Contact us for details.



nosotros | us magazine

And speaking of Women's Defense, Nosotros Magazine is currently running an article about the Fortress Women's Defense Courses in their March issue. Read it on-line here: <http://nosotrosusmagazine.com/pdfs/2011/March2011.pdf>

We'd like to thank Stephen Lorenz and Sal Bolanos of Nosotros for contacting us and supporting women's defensive issues! **Great job, guys!**

February saw our first Utah CCW course – well attended and very successful! Fortress Instructor Rick Pere took students through the ins-and-outs of Utah course requirements as well as the laws regarding concealed carry in their state.

Fortress also picked up some great press when Frank was interviewed on the March 9th episode of The Survival Podcast. Check it out here: <http://www.thesurvivalpodcast.com/frank-sharpe-on-armed-and-unarmed-self-defense> Lots of great info!

We'd like to thank Jack Spirko for being a gracious host and providing us with such a wonderful opportunity. Thanks, Jack - Looking forward to doing it again!

Our Introduction to Defensive Pistol Course April 16, in Rochester, IN, is just about full, but there are a few spots left! (Details on page 12)

May you all have Victory!
Fortress Defense Staff

This month's featured articles:

Boudicca: A Woman's Strength by Frank Sharpe

The Mission of Protection (part 1) by Rick Colliver

Fortress Tip of the Month: AR15 Parts Management While Cleaning by David Zielke

Distance and Timing by Vince Romano

Fortress will be offering 6 consecutive days of comprehensive training in Rochester, IN in late June, 2011.

2-Day Defensive Handgun

2-Day Urban Rifle/Shotgun

1- Day Treatment of Gunshot Wounds

1- Day Vehicle Defense and Team Tactics with guest instructor Henk Iverson

Dates and prices will be announced in the April Newsletter. You may also stay updated through our email list, sign up by [clicking here](#)

Boudicca: A Woman's Strength

By Frank Sharpe



In 43AD the Romans invaded Britain. At that time it was occupied by Celtic tribes, one of which was the Iceni, their king being Prasutagus [prah-suit-a-jus]. Not much is known about Prasutagus other than that he gained favor with the Romans after the Celtic rebellion of 47BC. In that year, the Romans moved to disarm the Celts and this sparked revolt. A deal was struck with Prasutagus and the Iceni were allowed to live a somewhat unmolested and autonomous existence as long as they remained docile and paid taxes. However, between the heavy Roman taxes and some “grants” later redefined as loans, the Iceni kingdom fell heavily in debt, so much so that at the time of his death in 60BC, Prasutagus had to will half of the kingdom to Emperor Nero to settle. Having no male heir, the rest was left to his two daughters.

Upon their arrival to collect, the Romans seized the entire kingdom, looted the tribal leaders, sold the majority of the royal family into slavery, and publicly raped the daughters while flogging Prasutagus’ queen.

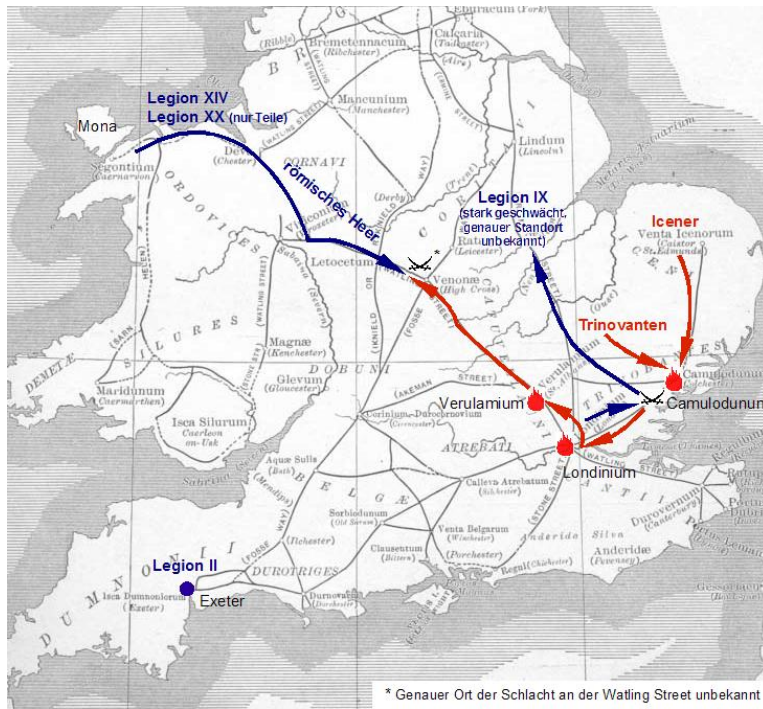
The queen was Boudicca. Her name translates to ‘Victory.’ Described as tall, with red hair down to her hips, a harsh voice and a piercing glare, she wore a large golden necklace, a multi-colored tunic, and a cloak fastened by a brooch. One can imagine her commanding personality and the regality of her presence.

Boudicca, with her strong spirit and unbending will, was not about to bow down to the brutish tactics employed by the Romans. She promptly called a meeting with the other Celt tribes (including the Druids and Trinovantes) and planned immediate revolt! With an army of 100,000, Boudicca, riding in a chariot with her daughters at her side, attacked the center of Roman command in Camulodunum. The Celts made quick work of the poorly defended garrison and burned the city to the ground; the only structure left standing being the Roman Temple!

Boudicca immediately turned her Army towards Londinium [modern day London] which the Roman military abandon in anticipation of the attack. The Celts slaughtered the 25,000 Romans who hadn’t fled, and burned Londinium, as well. To this day there is still a layer of ash from the event which can be found when excavating inside the city!



Statue of Boudicca near Westminster pier



Boudicca's Campaign

With victory fresh, Boudicca pressed on to Verulamium (today known as St. Albans) which was populated mostly by Britons who had collaborated with the Romans. Once again her forces killed all the inhabitants and destroyed the city.

Eventually the successful Celt campaign was stalled through a simple matter of logistics. Boudicca's army was made up of peasant farmers who had to abandon their fields to fight. They had expected to seize Roman food stores as they marched, but the Roman military, with centuries of experience in warfare, strategically destroyed all they could not carry while in retreat.

Famine overtook the Celts and eventually weakened them to the point that in the final battle 1200 Roman soldiers were able to kill 80,000. (Total Roman losses were recorded as 400.)

The location of the encounter isn't known, nor is the final demise of Boudicca. Legend varies; some suggest she died in the last battle, one says she fled North and took poison to avoid Roman capture, and another says she simply fell sick and died at a later date.

Whatever the case, the life of Boudicca remains a shining example of the strength and leadership capabilities of a motivated woman. Some may argue that her fight was in vain, but the end result was such an immense cost to the Romans, it prompted a replacing of the area governor and much less heavy handed approach to Celtic people.

Boudicca exacted her revenge in Roman blood, and they paid dearly. She fought tyranny and secured a better life for the Celts. We can all take a lesson from her.

May you all have Victory!

-Frank

Frank Sharpe has been a firearms instructor for over 10 years. As a senior staff instructor for Defense Training International (DTI), he has trained thousands of citizens, police, and military in the art of defensive firearms, and is the author of the DTI Instructors' Standards Manual. As the President of Fortress Defense Consultants, he specializes in the effective instruction of female students and regularly speaks on defensive issues for women's groups and community watch organizations.

Women's Self Defense Course

Saturday, April 9, at 1pm, in Crete, IL!

This is a non-firearm class, available to ages 12, and up.



Cost is \$35-per-student. Click [here](#) for sign up (internet connection required.)
If you're interested in hosting a course Fortress will travel to you!

Join us in the Fortress Forum! <http://fortressdefense.createaforum.com/>

The Mission of Protection (part 1)

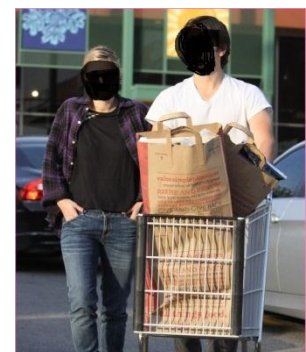
By Rick Colliver



Unlike traditional security or law enforcement duties, the mission of protection is more narrowly focused to prevent specific risks from affecting the protectee. At the basic level, the protective mission can be broken into five critical elements:

- * Prevention of intentional injury
- * Prevention of unintentional injury
- * Prevention of medical emergency
- * Prevention of abduction
- * Prevention of embarrassment

Through effective advance work we are able to steer the Protectee away from these dangers and to facilitate their daily schedules; making us of value to them. And, without steering the debate down another street, let me confess that even though many protection philosophies warn us against carrying luggage or performing other "assistance" tasks, I have carried suitcases and pushed shopping carts once or twice. But, in my defense I could argue that a man following a woman who's pushing a shopping cart draws a whole-lot more attention than a man pushing a shopping cart who's following a woman who's...shopping. And, a shopping cart can be a right proper defensive weapon if used or intended as such.



Nevertheless, many of us are familiar with a variety of examples of where the protection umbrella failed, resulting in a protectee's exposure to risk, and speculate as to where intervention by security

personnel could have reduced either exposure or risk. In this edition we will examine the first element “*Intentional Injury*”.

When we speak of intentional injury we include such perils as death, assault or other personal harm (or threat of harm) caused by criminal attack. Such assaults on our Principal (AOP’s), can occur by means of striking, punching, kicking, thrown objects and, of course, knives, guns and bombs. As we know, almost any object can be turned into a weapon; from a simple ballpoint pen to a pillow used to smother. Since the 1990’s, we have added chemical, biological and radiological weapons to our worry list as well. Even though these types of formulae have been with us for many years, most private security managers were not overly concerned about them as risks to their mission. Neither were most public safety executives and community planners, until after the first WTC attack in 1993.

Historically though, in the United States, firearms tend to be the weapon of choice among assassins, with varying degrees of success ranging from complete misses to hits on multiple targets:

On September 5, 1975, Lynette “Squeaky” Fromme was arrested for pointing a firearm at President Gerald R. Ford as he walked through Capital Park in Sacramento California. Though the chamber was empty, the magazine contained four rounds. Following her arrest, she told Secret Service agents that she had ejected the chambered round prior to leaving home that morning. This round was later found in her bathroom following a search.

The attack was rendered unsuccessful due to a quick-thinking S/A Larry Buendorf (USSS Ret) who initiated a sequence we know as the “sound off-cover-evacuate”.

On September 22, 1975, Sara Jane Moore, fired at President Ford from across the street as he exited the St. Francis Hotel in San Francisco. Even though police had confiscated a .44 caliber handgun and more than a hundred rounds of ammunition from her on the day before the incident, Moore was able to take up a position in the crowd approximately forty feet away as Ford emerged from the building. She fired once before being grabbed by bystander Oliver Sipple. The shot missed President Ford, but struck and wounded a taxi driver named John Ludwig. While initial reports indicated that Ms. Moore’s shot was misaimed, author Geri Spieler¹ later determined from interviews with FBI personnel that Moore’s aim had been true, but the sights on the pistol were off. In this case, the attack was unsuccessful due to the distance at which Moore had been forced to fire; by creating a deeper safety zone around the Protectee.

The crowd was not as lucky on March 30, 1981 when John Warnock Hinckley Jr., attempted to kill POTUS Ronald Reagan as he emerged from the Washington Hilton Hotel. Hinckley managed to get off six shots in less than four seconds and wounded President Reagan, Press Secretary James Brady, Washington DC Police Officer Thomas Delahanty and Secret Service S/A Timothy McCarthy. The Secret Service responded quickly and professionally to the scenario; however Reagan was struck by a ricochet that glanced off the car and made it through the gap between the frame and the armored door of the limousine. Detail Leader Jerry Parr is credited with saving the President’s life after noticing pink, frothy blood coming from the President’s mouth as they sped from the scene. POTUS was immediately transported to George Washington University hospital where he underwent emergency surgery.

An AOP needn’t always be as dramatic as this, and could be caused by something as simple and commonplace as thrown objects as was the case in 2003 when someone lobbed a raw egg at a

¹ Spieler, Geri (2009); Taking Aim at the President; Palgrave MacMillan . New York:NY

campaigning Arnold Schwarzenegger. Thrown missiles have also been hurled at the likes of Bill Gates, Tony Blair and many other celebrities, often without injury.

As Protection specialists, we need to evaluate the potential for all types of intentionally caused injury when we are preparing for (advancing) a particular event or movement.

When protective intelligence indicates that trouble could lie ahead, we must plan effectively by:

- Attempting to have the Protectee change their schedule
- Attempting to move events to different venues, over which we have better control
- Establishing a deeper security perimeter around the Protectee
- Adding personnel or physical barriers to separate the Protectee from potential sources of danger
- Utilizing specialized personnel or inter-agency liaison to develop additional intelligence
- Learning more about the crowd and the individuals therein

The more we control the Protectee's environment, the more control we have over the management of risk. Next month, we will take a look at how "unintentional injury" can affect your mission.

Train early and train often!

-Rick

Rick Colliver has served as the global security director for two multi-national corporations with operations in 24 time zones, and has managed protection details in Europe, Africa, Asia and the Americas. He is the course developer and lead instructor in the Principal Protection program at the Ohio Peace Officer Training Academy and is an adjunct instructor in protective operations through several police, military and academic organizations. He has current security clearances with the US DoD and DHS.

*Rick is the co-author and narrator of [School Safety and Security; An All-Hazards Approach](#) and a contributing author to [Gruber's Physical and Technical Security; An Introduction](#) (Thomson Delmar, 2005). He is currently completing a companion text for academic and certification protection programs entitled *Principal Protection; Lessons Learned* (due out in the summer 2010) which, he reports, is not another "how-to" book on protection, but rather a "why-to." A contributor to both online and print media, his articles can often be found at www.bodyguardcareers.com.*

He received his Bachelor's degree in Criminology from The Ohio State University and has completed graduate work in Organizational Behavior through the University of Phoenix, and Crisis Management through the American Military University. He maintains his law enforcement credentials through the Union County (Ohio) Sheriff's Office, where he continues to serve as a reserve deputy and hostage negotiator. Since 2005, Rick has also served on the Public Health and the Critical Infrastructure Protection Advisory Committees for the Ohio Homeland Security Division, Ohio Department of Public Safety.

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Fortress Emergency Treatment of Gunshot Wounds

Due to a deluge of inquiries after the recent tragic events in Tucson, Fortress is offering a one-day Tactical Treatment of Gunshot Wound course, designed to give you the tools and techniques you need to stabilize a gunshot wound for the 3-30min it takes for EMS to arrive. In today's world this is **MUST** have information for every American!

The day will be split into two parts:

- 9am till 1pm will be the medical treatment portion; cost is \$100 per student.
- 1pm till 5pm will be the (indoor) "simulated live fire" portion. This is offered to those who wish to apply what they have learned to active shooter scenarios and learn wound treatment under fire. Cost is an additional \$60 per student.

Ages 16 and up are welcome. This course is for the novice, no medical training is required.

When: **Saturday, May 7th, 9am to 5pm**
Where: 25946 S. Klemme Rd, Crete, IL 60417
Click [here](#) for details and sign up



Fortress Tip of the Month: AR15 Parts Management While Cleaning By David Zielke



As many of us know one of the minor drawbacks of the AR15/M16/M4 series of rifles is the ease at which the smaller parts can be dropped and lost during disassembly and cleaning. A great idea we picked up from Instructor Extraordinaire John Farnam is to use the charging handle as a parts tray while cleaning the rifle.



Following standard safety protocols, remove the bolt carrier assembly and charging handle from the rifle.

The next step is disassembly of the bolt from the carrier. This produces three loose parts, two of which, the cam pin and firing pin retaining key (cotter pin), are quite small and prone to loss.





The better idea: Placing the loose parts into the trough of the charging handle to manage them and prevent loss.

And for those who disassemble the extractor from the bolt for cleaning (which should be ALL of us), the extractor, spring and pin fit as well.

Great tip from the master and highly recommended!

-David

David Zielke has been a firefighter/paramedic for over 16 years. He is an affiliate Instructor with Defense Training International, as well as being an NRA Certified Instructor. David's spends his spare time fighting (as a student) with Henk Iverson and has managed to live through it (so far.)



QUOTE OF THE MONTH

The danger (where there is any) from armed citizens, is only to the government, not to the society; as long as they have nothing to revenge in the government (which they cannot have while it is in their own hands) there are many advantages in their being accustomed to the use of arms and no possible disadvantage.

-- J. Barlow, Advice to the Privileged Orders in the Several States of Europe: Resulting From the Necessity and Propriety of a General Revolution in the Principle of Government (London, 1792, 1795 and reprint 1956).

One-Day Defensive Pistol Course

Saturday, April 16th, Rochester, Indiana

Safety, handling, loading, unloading, proper draw (from the holster), sights, trigger control, movement, reloading, stoppage reduction, marksmanship, and more, will all be covered in this 8-hour comprehensive class. Open to ages 16, and up, and women are especially welcome – bring the whole family!

Cost is \$135 per student

Contact us for details and sign up:

708-522-8060

info@fortressdefense.com



Distance and Timing

By Vince Romano



One thing often overlooked in fight training is the relationship between distance and timing. In taking up fencing this past year (fighting with pointy metal sticks), I have progressed past the point of understanding how to properly use the weapon (foil and saber), and have learned that the most important aspect of the Art is *distance and timing*. Distance, not only in relationship to avoiding your opponent's attack, but also in having your attack not fall short of its target. It's a delicate balance where timing comes in, whether it is the timing of attacking your opponent just as his attack falls short, or performing a successful beat attack, where one beats the opponent's blade away as he moves towards you to get a successful touch. The timing has to be perfect or your attack will fail and leave you open for a quick perry repost (block and counter attack, for those who aren't familiar).

How does this relate to shooting a gun? It doesn't! That's right, as I stated above, I have progressed past the point of how to properly use the weapon in fencing. This is for people who know how to properly use a firearm and are now onto the point of what a firearm is supposed to be used for - FIGHTING!

Fighting with a firearm, for our purposes here, is from 300 yards (with a rifle), to a point blank contact shot or disarming of an opponent. Timing and distance is important to all and are different for all.

If I am engaging a “target” at 10 yards and my rifle experiences a stoppage

Because of distance and timing, I would transfer to my pistol. Once the threat is neutralized I would re-holster my pistol, transition back to my rifle and do what needs to be done to get it up and running again.

Same scenario at 75 yards and out

The distance makes it hard to be effective with the pistol and my attack would most likely fail, leaving me open to a counter attack. Best choice at this distance would be to find cover and take the extra seconds (timing) to get the rifle running. Option B: transition to “Nikes” (get out of there).

If face to face or within a few feet from an attacker

If you go straight to draw your pistol, exercises have shown that most likely the attacker will be on top of you and you will be on your back - not an effective position. The way to get to your pistol is to first block the attack, get off the line of attack, gain distance and time, and then be able to effectively draw your weapon.

Say a weapon (firearm or blade) is drawn on you and you want to neutralize the weapon by disarming the attacker or pinning the weapon to the attacker, wall or other place. If you are too close or too far from the weapon, your plan may be altered or may fail all together. You have the same problem at an angle opposed to straight on. If you are too far away and do not effectively gain control of the weapon to perform a disarm or pin, your attack fails. If too close, your technique will also not work as planned and/or fail.

We may have practiced doing disarms and know how to grab the weapon and twist it etc., but how many of us have practice getting the proper timing and distances down? Are the people attacking you always at the arm’s length distance standing straight ahead of you? We should be practicing disarms until we get to the point where we know where we cannot do it (fall short/fail) from all distances and angles. At the same time we should be practicing our timing and distance relationships.

The same goes for blocking an attacker to get to your pistol. We have to practice to deflect the attack, get off the line, and gain time and space to draw our weapon. But how far away does an attacker have to be that we need to block it and draw vs. just draw? One way to find out: try it over and over till you know what works for you!

We, as fighters, need to practice moving quickly, at angles, from varying distances, to perfect our attacks, blocks and counter attacks. We need to determine what works, what doesn’t and - more importantly - what works for each of us individually. Having a plan is a must; having a plan you know works for you is priceless!

When we train and practice we are not there just to test our gear and make sure our weapons run properly. We have to push the envelope and know what our limitations are, whether it’s effective distance with a pistol, how far an attacker should be to gain control of his weapon, or how much time and distance I need to draw my weapon effectively on an attacker.

The importance of these decision-making abilities really comes to light during force-on-force and other scenario-based training. Of course, where they never come to light is at the local indoor range shooting at paper from a booth. Marksmanship is important as are the other mechanics of shooting, but none of

that does a gunfighter make. The manipulation and deployment of weapons needs to become second nature so we can free the mind to concentrate on the fight at hand.

May you have victory!

-Vince

Vince Romano works as a Financial Advisor. Formerly an AMA Pro-Roadracer and Premier League Rugby Player, he went on to spend 6 years as head coach of the UIC Women's Rugby Team. Vince has trained with DTI, Blackwater and Henk Iverson. He also holds NRA Master Qualification in Highpower Rifle and is a competitor in action pistol and bullseye pistol matches. He is an NRA certified Instructor and will be attaining his DTI Instructor certification in May of 2011.

Force-On-Force/Scenario-based Training **Saturday, May 28th, 9am-5pm** **Crete, IL**

Force-on-force has come to the forefront of defensive firearms training and it is considered a vital and necessary component of every practitioner of the Arts training regimen.

Using Airsoft replica firearms, Fortress' experienced Staff will conduct real time scenarios designed to put all of the students skill sets to work. Decision making, response, avoidance, verbalization and layers of force will all be exercised in our 8-hour program.

A quote from a student of our last Force-On-Force class:

"If you are going to carry a gun in public, you at least owe it to yourself and your family to test your reactions and ability to make decisions under stress and pressure through this type of training. This will reduce the constant "What would you...?" "Where would you...?" "When would you...?" "Why would you...?" "How would you...?" self-defense questions and endless speculation we see and hear so often. It allows for resolution of such issues on a personal and internal level, and the identification of weaknesses or gaps in training that need more work." –MTC

Cost is \$150 per student. Airsoft equipment will be available for rent should you need it.

Fortress is proud to host John & Vicki Farnam

May 13-22, Sand Burr Gun Ranch, Rochester, Indiana

May 13, 6:30 pm lecture for courses on the 14th&15th
May 14&15 Women's Defensive Handgun with Vicki Farnam \$525
May 14&15 Men's Defensive Handgun with John Farnam \$525

May 17&18 Urban Rifle with John Farnam \$525

May 20, 21 &22 DTI Instructors course [contact Fortress for prerequisites] \$595

May 21&22 Women's Defensive Handgun with Vicki Farnam \$525

Contact Fortress for details and sign up:

708-522-8060

info@fortressdefense.com



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