

**ADVANCED
TACTICS**

HOME DEFENSE HANDGUN



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From The Editor

This is a topic that everybody loves to talk about: home defense firearms. The first choice that most people flock to for home defense is, obviously, the handgun. That's what this report is about, but offering advice on firearms is always a dicey proposition. People have a LOT of deeply held opinions on what the best firearm is for *anything*... be it for home-defense, for concealed carry, on the battlefield... you name it. Offer an opinion on guns — ANY opinion — and everybody gets their tighty whiteys in a wad over it. Let me say at the outset of this report, then, just this:



Whatever works for you, go right ahead and work it.

I'm aware that this can be a contentious, even controversial topic. In the end, all that really matters is that you own a dependable firearm in a dependable character, which you can use to shoot accurately and stop an attacker. That's what this whole topic comes down to.

I'm going to give you my personal recommendations, and some of the considerations you might want to consider, when choosing your first firearm or when reevaluating what you currently use for home defense. As you read this, therefore, let me ask you just to "empty your cup" a little bit. Consider my advice as just that — advice — and then go make your own decision. I will give you some examples, some tips, on how to make that decision, and just maybe you'll rethink your current home defense plan. That's all I ask of you.

Prepare. Train. Survive.



Jeff Anderson
Editor, Modern Combat & Survival

About The Expert

As a lifelong student of what he calls "survival arts", it was Jeff Anderson's military training that led him to seek out strategies that would protect not only himself on the battlefield... but also provide for his family's own self-reliance in any sort of disaster, crisis, or collapse.

After 10 years of military training in elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry. Specializing in military style hand-to-hand and weapons combat, Jeff offered classes and seminars based on practicality and battlefield effectiveness!



In Jeff's survival training, it was his service overseas and in combat missions, that he was able to get a first-hand glimpse of what a city gripped in collapse and without rule of law is like for its citizens. He uses his unique experience to inject a more realistic view of what to expect in survival scenarios and provide practical solutions — even in extreme environments — for true survivalists.

Ultimately his training and experience led him to create the digital media channel for Modern Combat And Survival magazine which is fueled by more than 100 of the world's top instructors in law enforcement, military, and civilian survival schools.

To learn more about Jeff and his work, you can visit him online at...

www.ModernCombatAndSurvival.com



Go With A Full-Sized Weapon

Not A Pocket Pistol

A full-sized pistol will be your go-to personal defense tool.

The first thing I want to say is this:
For home-defense, you really have to look at the task for which you're going to be using that firearm.

Are you looking at a gun for concealed carry?

Are you looking at a gun for home defense?

Who's going to be using the gun?

You have to match the choice of a weapon to what you're going to use it for.

That's different for everyone, and a lot depends on what you're familiar with.

You personally might be used to using a certain weapon, no matter how obscure — say, a Colt Single Action Army-style revolver — but if that's what you know, that's what you're going to shoot best with.

You know that old saying: "Beware the man who owns just one gun."

You might be used to using a certain weapon that fits you well.

On the other hand, you wouldn't hand a giant hand-cannon of a .44 Magnum Desert Eagle to your 95-pound daughter, would you?

Yet there are guys out there, great big guys, who carry a .44 Magnum or even a .50-caliber Desert Eagle, or if they're not carrying it, they're staging it for home defense.

This report is not about concealed carry.

It focuses entirely on home defense, so understand that we're talking about the best choices, as I see them, for a home-defense handgun.

The considerations for a home-defense gun aren't the same as for a concealed carry piece, and definitely not for a target or "fun" gun.

Let's talk about what those requirements are, starting with the fact that you should select a full-

sized handgun, not a compact or pocket pistol.

Why is that, exactly?

Well...

You Won't Hit What You're Aiming At

In a home defense scenario, you have to understand that a lot of your shots are going to go wide.

They're going to be off to the side, up above, too low...

...You're just NOT going to hit what you're aiming at.

Remember, we're not talking about taking down a static paper target at the local "square range."

We're talking about hitting something — somebody — who is moving...

...and very possibly trying to KILL YOU at the same time!

Your adrenaline is going to be pumping.

That adrenaline dump, which is unavoidable in the stress of a real encounter, is going to throw off your ability to hit what you aim at.

In an actual gunfight, you'll be relying on your training and, largely, on gross motor skills.

Given that, you don't want to choose a subcompact or pocket gun, typically.

For one thing, the smaller the gun, the harder it is to handle under stress, and the shorter of the sight radius is (if you even manage to use the sights at all).

There's something else to consider, though, and that is...

In A Real Gunfight, You Want As Many Rounds As Possible

A compact pistol is small in size... and that usually means it can hold only limited rounds.

When adrenaline dump makes it all but impossible for you to aim accurately, the LAST thing you want is to run out of ammo before you've even gotten a round into the bad guy.

A full-sized gun means you'll have the rounds you need to get the job done, usually.

Now, if you're in one of those states that limits its residents to ten rounds, this may be a great example of what works for you being more important than my advice.

If I was limited to only 10 rounds, I might consider a smaller gun simply because it wouldn't make a difference to ammo capacity.

Still, having a full-sized gun to grip makes more sense under stress, because there's more to grab.

You don't have to worry that a couple of your fingers are hanging off the grip in space.

Remember, though: In a real gunfight, a lot of your rounds are going to miss... and your ONLY goal is to get rounds into the target to neutralize it.

Your Full-Sized Handgun Is Your Home Defense Gun

The whole point of this exercise is to select a gun for home defense.

I would go with something like a Glock 17 or a Glock 19.

If you are going to carry your gun concealed and you are just buying one firearm to start, you should still get that 17 or that 19 — because a full-sized gun is NOT difficult to carry concealed.

Thousands of Americans do it every day.



Go With A 9mm

Because Caliber Matters

Everyone has an opinion about calibers, but 9mm is a great compromise.

Okay, let's talk caliber.

This is where a lot of people get really upset.

My personal recommendation for home-defense is to go with 9mm.

In my opinion, 9mm offers you the best compromise in stopping power versus recoil versus firepower.

By that I mean you can carry a LOT of rounds in 9mm without weighing yourself down too badly.

Those rounds are reasonably powerful, but they don't kick much at all, making the 9mm a real pleasure to shoot.

Yet those same rounds are pretty effective when used to bring down an attacker.

How do I know that?

Well, with quality hollow-point defense rounds, the 9mm Parabellum (9x19, also known as 9mm Luger), the round offers enough speed and momentum to cause the hollow-point to expand.

That's a big deal, because there will be other calibers that simply don't have enough momentum behind them to get performance out of the hollow-point.

You WANT that hollow-point to expand, because the bigger it gets in the bad guy, the more damage it does... and the less likely it is to come out the other side of him.

We've run several different tests with 9mm ammo on ballistic gelatin and some field-expedient targets.

In fact, Modern Combat and Survival offers a report on Stopping Power that is very relevant here.

It takes a LOT to stop someone who is charging at you, full throttle, intent on hurting you.

This is why it's worth having the hollow-point argument with yourself.

Hollow-Point Or Ball Ammo?

When comparing hollow-point and ball ammo, there's simply no comparison.

There was a time, back in the seventies or thereabouts, when it was fashionable to load your semi-auto with ball ammo for best reliability.

Back then, hollow-points had a tendency to hang up feeding into the gun from the magazine.

That's why you would hear about guys getting their guns, especially 1911-pattern pistols, "throated," which is polishing and even widening that ramp leading up into the chamber.

The idea was to make it easier for hollow-point rounds to feed up and into the chamber reliably.

These days, that's not an issue.

With a modern gun loaded with modern hollow-points, like a Glock 19 loaded with a quality hollow-point defense load, you're going to get the same reliability that you would with

ball ammo, which, let's face it, is basically just target ammo.

Hydrostatic Shock And Hollow-Points

Hollow-Point ammo matters because, when it hits a human body, it creates what's called *hydrostatic shock*.

You see, when a bullet goes into a body, it's not just about where it's going, or the path it leaves behind.

As a hollow-point bullet enters a body, it expands, creating a shockwave around it.

THAT is what does additional damage in the body, hopefully hitting an organ or something else that will stop the attacker as quickly as possible.

The other thing about hollow-points, though, as opposed to a full-metal-jacketed bullet, is, as I've already mentioned, they have a much lower chance of going through-and-through the attacker.

You absolutely want your rounds to stay in the bad guy.

If they penetrate and keep going past him, well... in a self-defense situation, while you have to be mindful of your backstop, it's a hell of

a lot better when the bullet enters the target and doesn't come out the other side.

Otherwise you're liable for all the additional damage that bullet does when it hits whatever else is in its way.

ESPECIALLY in home defense, this is an incredibly important thing.

What if your daughter's bedroom is on the other side of the attacker, and this is your one shot to bring him down?

You sure don't want that round exiting the target's body and traveling into her room.

The best defensive rounds stay put in the attacker, or at least have a better chance of doing so.

That comes down to hollow-point bullets.

If not hollow-points explicitly, then you want one of the many "defensive" rounds on the market that are designed to stay in the target and do as much damage as they can.

What About A .22?

Whenever we talk caliber, the .22 Long Rifle invariably comes up.

The .22 makes a great starter caliber.

You can start a new shooter out on something like a Ruger LCR in .22 and it has very little kick.

It's super simple, and even a petite female who has never handled a gun can learn to use it.

Lots of people own .22 caliber pistols and rifles.

More people get shot with the .22 Long Rifle than any other caliber, if I remember correctly — I seem to recall that statistic floating around out there before the Great .22 Shortage of a few years back.

It's a popular and very common round that can travel pretty far if it's unimpeded, so this makes a certain kind of sense.

The problem with the .22 is that it has very low stopping power.

With an accurately placed shot — and it's very easy to be accurate with a .22 — you might be able to put an attacker down, or at the very least scare them or drive them off.

In fact, most home invaders who get driven off are simply scared that the residents are armed, and they want none of that, so they flee.

So, yes, if a .22 was all you had, you could get by with that, I suppose... but you're much better off with a 9mm.

Use the .22 as your training weapon.

For example, you could move up to the LCRx in 9mm after training first on the LCR in .22.

The LCRx has an external hammer that allows for single action use in case you have someone whose fingers aren't quite strong enough to manage the double-action pull.

In an adrenalized state, it would be easy for the defender to put that round ten feet wide, so being able to take a more accurate shot by thumbing the external hammer back is a factor.

Since we're already kind of fallen into the subject, then, let's talk about revolvers versus semi-automatics for a bit.



Revolver Or Semi-Automatic?

The Wheelgun Isn't Dead, But...

Often, revolver versus semi-auto is a matter of preference, but there are some factors to consider when you make your choice.

So far I've advocated 9mm semi-autos, the Glock specifically, and made mention of the Ruger LCR and LCRx.

I can already hear the revolver guys in the audience demanding to get equal time.

No problem; here goes.

With revolvers, it comes down to personal choice again, and specifically, what feels good in your hand.

In my opinion, though, you should only use a revolver if you have a

spouse who hates guns and doesn't want to learn to shoot a semi-automatic weapon.

The Perfect Starter Gun

A revolver gives you far fewer rounds than a semi-auto pistol, typically

My own spouse doesn't like guns, and she does not want to use a weapon for personal defense.

She is, however, open to shooting and things like that.

In an effort not to overwhelm her, I finally got her to the point where she's okay with firing a revolver.

When I'm gone, she feels unprotected, and she's glad she has access to a firearm.

She won't carry concealed or anything like that, but the revolver is a very simple point-and-click interface.

It's not too complicated, there are no magazine changes, and everything about it is pretty easy to grasp, conceptually.

I don't want her to feel like it's too complicated to learn and give up on the topic, so sticking to the revolver when working with her keeps it

simple and effective as far as that goes.

I think THAT is the role that revolvers can play: as starter and trainer weapons that are much simpler to operate than semi-auto pistols.

You give up firepower and concealability for that trade, though, and that's why I can't advocate them as primary home-defense guns.

There's no real safety on a revolver; you just aim it and pull the trigger, and keep pulling it until it's empty. But you have to put a LOT more force behind a double-action trigger pull, which is a factor.

Revolvers For Your Safe Room

The support role that I see as best for revolvers is when they are kept in the safe room.

They're a great thing to stash in there.

That way, you don't have to go hunting for a gun in your gun safe, or wherever.

There's always a simple-to-use, effective weapon staged in the safe room and ready to go.

You can just go to the safe room, hunker down, and grab the weapon.

And if the double-action trigger pull is too much, the user can thumb the hammer back and have the benefit of a single-action trigger pull every time.

This makes for a great transition before moving up to the more complicated semi-auto pistol.

The final advantage of the revolver for the safe room is that if you're the kind of guy who worries about storing a gun loaded for long periods of time, there are no magazine springs to go mushy on you with the revolver.

You just put the rounds in and it's ready next time.

I suppose I could add that your safe room revolver can handle ammo that wouldn't feed in a semi-auto, like certain wadcutter and even shotshell rounds.

Whether those are effective at all for self-defense is something we could argue about, but it is an option.



Shopping For A Handgun

A Checklist

Now that you know you want a 9mm semi-auto, it's time to shop for one.

Moving beyond calibers and categories of gun, let's talk about our three-point checklist for actually shopping for a handgun.

The very first thing I advocate, and the first item on our checklist, may surprise you. That's because...

I strongly recommend you choose a firearm that does not have a manual safety.

I know, you're probably surprised.

Most of us have been programmed to think safety is good.

Why, then, would I ever want a gun that has no external safety to save me from myself?

Well, I'm a firm believer in the old maxim that my trigger finger is my safety.

The gun you buy should have what is called and INTEGRATED SAFETY

1. Buy A Gun With An Integrated Safety

I can't tell you how many times I've seen people who have manual safeties on their guns who absolutely FAIL when it matters.

They get some adrenaline in training, they raise their gun, they put it on target, and when they pull the trigger...

...NOTHING HAPPENS!

That's because the manual safety is still on.

In the adrenaline rush of a firearms training class, they forgot to take the safety off.

Now imagine how much worse that adrenaline dump is going to be in a real life-or-death gunfight.

If you forget your safety in training, chances are good you'll forget it "for real."

What An Integrated Safety Is

An integrated safety, by contrast, is like the one built into the Glock's "safe trigger."

The gun is designed with an internal safety that prevents it from going off if it is dropped.

Every time the trigger is pulled, however, it fires, without the need to move around any external widgets.

You don't ever have to worry about manually taking the gun off safe.

it's always ready to fire.

You just put your finger on the trigger and pull it back.

(No, It's Not Dangerous)

So with an integrated safety, such as like with a Glock, or there are lots of other handguns out there that have an integrated trigger safety, you don't have to worry about manually taking the gun off of safety and putting it into action. It's already ready to fire. You just put your finger on the trigger and pull it back.

A lot of people have told me they are skittish with carrying a round in the chamber of a gun like the Glock.

They think the gun is going to go off accidentally.

NO.

Absolutely NOT.

The gun will only fire when your finger is on the trigger.

As long as you are wearing a quality holster that covers the trigger guard, and you keep your finger off the trigger until you're ready to fire, the gun isn't going to "accidentally" do anything on its own.

I therefore recommend you get a gun with an integrated safety so you don't have to think about it in the adrenaline and threat of a real attack.

2. Buy A Gun That Feels Good In Your Hand

The second item on our checklist, and one that's actually even more important than an integrated safety, is that your gun must feel good in your hand.

Here is an extreme example:

The Desert Eagle in .50 caliber that I mentioned before is an enormous gun.

If you have ever held one, the grip is huge.

It's very round.

The first time I ever held one, I was amazed at what a beast it feels like.

The grip is simply too large for me to get a comfortable purchase on it.

That's an extreme example, but different guns will feel right in your hand.

Some will fit nicely and point naturally.

Others will feel awkward, or too small, or too thick, or they'll just plain hurt.

Still others will feel good when you hold them, but when you shoot them you'll find that the hammer bites you, or the web of your hand is taking a beating, or whatever else might happen when you fire a gun for the first time.

People have different sized hands, so the size of your hands makes a HUGE difference on what guns work for you and what guns don't.

For example, for me, with small to medium-sized hands, the Desert Eagle will never feel right.

But the Sig, which is an amazing handgun, proven on both the battlefield and in self-defense... Well, that one doesn't fit right for other reasons.

It just doesn't gel with me.

Because it doesn't conform to my hand very well, it's just not a good weapon for me.

A Glock feels much better.

For you, though, the same Sig might fit really well.

You might put it in your hand and say, "Wow. This feels amazing."

Have you ever been to the gun store talking guns and maybe handling some, and you found one that just felt perfect in your grip?

Well, when you do — and you will — that brings me to the third point of our three-point checklist...

...Because now you're dealing with the Guy Behind The Gun Counter.

3. Buy A Gun, But NEVER By Relying On Gun Store Advice

If you're a new gun owner, shopping for a gun for the first time, or even an experienced gun owner, you

probably dread the thought of dealing with the Guy Behind The Gun Counter.

It can be very intimidating to deal with those people, many of whom are condescending and rude.

Another thing that new shooters often wonder is, when they DO go shopping for a firearm, what THEN? In other words...

When I'm shopping for a gun and the clerk hands it to me to hold, what do I look for?

The very first thing I tell people to look for is, how does the gun feel in your hand?

That is the critical first screening question.

If the gun doesn't feel good, it's a no-go.

There's a lot more you might consider, but first, you have to get past that Gun Store Guy.

Typically, gun store clerks aren't very accommodating to newbies.

They've got this ego about it, too, that makes them that much more obnoxious.

They want to show off what they think they know, but don't worry about that.

It's fine to just go and hold the weapon first before you buy it.

You can even ask the clerk for their advice for a first-time firearms owner, just to see how they'll react.

While they're droning on and on, see how that gun feels in your hand.

Try Different Versions

This isn't really part of our checklist, but rather, part of the shopping process itself.

While you're shopping, try out different versions of the different handguns.

Try a Sig.

Try a Glock.

Try a revolver.

Try a 1911.

Just get a feel for them, and take notes so you know which ones hold well and point naturally.

Were there any that were just flat-out uncomfortable?

Then what you need to do is find a local gun range that rents firearms and has the guns you want to try.

That's going to be more difficult for some of us than others of us,

depending on what's available for you out there in terms of gun ranges.

Rent as many different guns as you can afford.

Test them and see which ones you shoot most comfortably and accurately from among the guns that are available in the caliber you want, the ones that feel good when you grip and shoot them.

By the time you're done going through this checklist and procedure, you'll have found a gun that's right for you, specifically.



Handgun Accessories

A Flashlight Is A Must

You could go broke buying accessories for your gun, but you absolutely must have a flashlight to use with it, mounted or otherwise.

Every gun guy likes buying accessories to go with his pistol.

Let's talk about the most obvious accessory, lights.

Most actual gunfights and home invasions happen at night.

That's for the obvious reason:
Criminals like to use low light for ambush attacks and to cloak their presence.

That's how an attack is going to happen.

The criminals are going to choose a time that favors them.

They're going to come seemingly from nowhere.

They'll use low light, nighttime, a darkened parking garage, an ATM vestibule... whatever they can to surprise you.

The Horror Of Home Invasion

In home defense, most home invasions happen between 10 in the morning and 3 in the afternoon.

Sometimes that's specifically because someone might be home.

Home invaders are people specifically looking to attack a house with the residents inside.

Often, that's because they want to rape or torment the people they find there.

Burglaries happen during the day because the homeowner might actually NOT be there... but burglars and home invaders are very different criminals.

Stay-at-home spouses are particularly vulnerable.

A break-in could start off as a burglary and end up a violent home invasion when your spouse is found at home.

All of a sudden, those invaders are confronted and spotted.

Somebody can point them out in a line-up.

So they think to themselves, I'm going to tie this person up... now what?"

Out of sheer desperation or simply from the ease of opportunity, they could rape or murder someone.

Home Defense And Low Light

You absolutely have to be prepared for when these happen in broad daylight... but if they happen at night, it's that much worse.

That is why you absolutely have to have a flashlight to use in conjunction with your home defense pistol.

There could be a bump in the night that is a home invasion.

People break in at night when they think people will be asleep.

There's nothing more helpless than a sleeping member of your family, after all.

Remember, a nighttime home invasion is not like a burglary.

That invader or, worse, group of invaders is looking to find you helpless, hit you over the head with something heavy, and get you tied up before you even know what's happening.

Then you're at their mercy.

You might think, "Well, I'm a light sleeper, so I'll wake up and I'll have my gun."

If you don't have a way to identify your targets, though, you're just flailing around in the dark.

And, worse... what if that bump in the night is your college student son coming home a day earlier than expected, or your teenaged daughter letting herself in after curfew, or any of countless other disasters waiting to happen because you couldn't identify the "threat" before firing?

You **MUST** prepare, therefore, to fight at night.

If something goes down in low-light conditions, you have to be prepared to meet it.

You need to be able to identify the threat before you engage it.

Weapon-Mounted Or Separate?

Our next question must definitely be, therefore, "Should I mount a light to my gun, or have a separate flashlight?"

I prefer a separate flashlight, rather than mounting a light to my gun's accessory rail.

You can buy flashlights with laser aiming units built in that you mount to your gun.

A lot of people, though, don't like to have all that gear wrapped around the trigger guard area of the gun — and it makes it impossible to use the vast majority of the holsters and gear out there for your pistol.

With a separate light, you have a way to put light on something without putting the barrel of your gun over it.

If something were to startle you while using your gun light as just a light, well, you might just pull the trigger before you realize what you're doing.

I'm of the opinion that the rules of gun safety are always valid... so I'm not going to sweep anything with my muzzle that I don't want to shoot.

You can't sweep a room with a gun light independent of the gun, so I'll

go with the separate flashlight from preference.

Consider also getting a light that lets you use a low-power mode so you don't totally destroy your night vision.

Some of the fancy flashlights even have a melt-your-face-off strobe option that supposedly can disorient an attacker.

You could use that strobe to disorient the attacker, to stun them, and give you time to engage them while they're recovering.

This also allows you to use the light just for spotting, with a quick flick on and off so as not to give away your location (and it doesn't have to be pointed where your gun is).

The choice of mounting a light, though, is still entirely up to you.

You might need your support hand for something like carrying a child or guiding a dependent family member.

You might want it for moving obstacles or even fighting off an attacker who is on top of you.

As with anything, it's entirely up to you, and will hinge on your preference and the likely scenarios you think you'll face.

Preparing Your Home For Low-Light Fighting

While you're preparing for fighting in low light, don't forget that you can prepare your home.

Low-light nightlights positioned throughout the home can help silhouette an attacker, or just give you more light to see by.

It's still low light, so it won't wreck your night vision completely, but it will prevent your battleground from being completely pitch-black.

Don't Forget Your Sights

Finally, no discussion of fighting in low light would be complete without discussing the sights on your gun.

Many guns come with just rudimentary sights that are of no use at night.

You should be prepared to change out your sights when you get your gun if you can't get it from the factory with the high-visibility sights you want.

Some of the better sights out there are AmeriGlo ProGlo.

This is an orange circle with a tritium center for low light.

It's a glow-in-the-dark dot that can be used to acquire your target, even in low light, even without your flashlight on.

The contrast of the orange circle with the green tritium center really grabs the eye during daylight, too, making the gun faster to acquire targets when using the sights.

It allows you to see the sights and put them on target very fast.

You might want to look at different types of front sights, too, for both daylight and low-light fighting.



Arming Yourself For Home Defense

The Most Important Thing You Will Ever Do

Only you can take responsibility for your family's safety.

So, there you have it.

Those are the basics of choosing a home-defense pistol as I see them.

Take a minute to remember the most important part of all of this, and that

is Jeff Cooper's first rule of gun fighting:

Rule #1: Have a gun.

You should have your gun ON your person, even in your home, at all times.

The first thing I do in the morning is strap on my gun.

It's with me all throughout the day until I go to bed at night.

But here's the kicker:

Everything I've just told you, involving a handgun, is basically telling you to use an inferior weapon.

Handguns aren't actually very effective against human-sized targets, if you look at them objectively.

Our soldiers aren't walking the battlefield armed with handguns for that very reason.

If they carry pistols it is as a last-ditch backup to the rifle.

Handguns, compared to rifles and shotguns, simply don't have that much stopping power.

We carry them because, when we're in public, we can't usually go around toting an AR or an AK.

We need something portable and concealable, which makes handguns the best compromise.

Just remember that your handgun should be the weapon you use to FIGHT YOUR WAY TO A BETTER WEAPON — a rifle or shotgun that has better stopping power for defending your home.

If somebody busts down my door, setting aside the fact that they shouldn't be able to just do that if I've done my other prepping correctly... Well, I'm going to use my handgun to quickly defend myself while putting my home-defense plan into action... and getting my AR15 while I take the family to the safe room.

What's your plan?

Do you have one?

It's time to consider that, and it's time to start with selecting a home-defense handgun.

Prepare. Train. Survive.