

# Secret Agent Skills

## BOOK 1 PERSONAL PROTECTION GUIDE TO SAFEGUARD YOU AND YOUR FAMILY



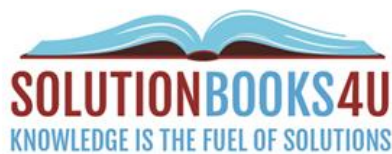
**CHRIS BOWKER**  
Security Specialist

**Book 1: Secret Agent Skills Personal Protection Guide**

# Secret Agent Skills

## PERSONAL PROTECTION GUIDE TO SAFEGUARD YOU AND YOUR FAMILY

**CHRIS BOWKER**



**A very warm welcome to you!**

**Let's just get the formalities out of the way first.**

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## **WEBSITE LINKS AND APPS**

The last five pages of this book provide you with a consolidated summary of all the links and apps suggested throughout this book. Click the following link to go straight to the [Websites & App Links Summary](#). Both the full and shortened URL clickable links are also available with your **complimentary checklists**.

**To get your **complimentary checklists**, please email me at:**

[support@secretagentskills.com](mailto:support@secretagentskills.com).

**Please note, links can close, and site information can change at any time.**

## Summary

By the end of this book, you will have mastered the basic skills for your personal protection and that of your family. It will boost your confidence and you will have a clear and in-depth understanding of situational awareness and how that will support and help protect you and your family in your daily lives!



**In memory of a dear friend  
and  
professional colleague,  
Jason Andrews  
19 April 1969 – 11 May 2019**

## About the Author



Chris Bowker is a UK military veteran who served in the Brigade of Guards, the Special Air Service (SAS) and in intelligence. He served for 25 years, working in a combination of high-, medium- and low-risk countries, often working in hostile environments against terrorist groups and foreign threats.

He spent the last 20 years working as a security consultant and security manager in various commercial sectors, again in high-, medium- and low-risk countries and environments.

The commercial sector's focus has been on protection and risk reduction to companies, individuals, property and assets. This sector includes the film and entertainment industry, the steel industry, oil and gas sector, the defence industry, retail industry, insurance industry, aviation industry, high-net-worth individuals, government and diplomatic missions, corporations, companies and individuals under perceived or actual threat.

Chris has conducted risk assessments, security audits, evaluations, training and education, mentoring and crisis management within complex and fluid operating environments. He has instructed government and commercial agencies and companies in basic and advanced levels of foot and mobile surveillance, combined with private investigation work and risk consulting.

He has provided close protection and management planning for international trips by high-profile executives and personnel who were under known terrorist or criminal threats.

He has lived and worked in over 50 countries.

**Chris is now an author, publisher and entrepreneur.**



**In a past life, royal duties and service with the Special Air Service (SAS)**



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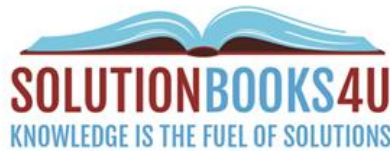
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## Foreword

Foresight and knowledge about personal security are genuinely marvelous things; they can make the difference between something seemingly small such as guarding your possessions to the enormity of a life and death situation. Chris Bowker's guide to personal protection is your opportunity to learn from a security expert and SAS soldier and to put this know-how into your life.

Why do we need Chris' guide? Well, I'm sure I'm not alone in feeling that I don't want to be looking over my shoulder every few minutes in case I'm being followed. Nor, do I want to feel uncomfortable in crowds, in shops or, on transport due to potential pickpockets. And, I certainly don't want to lay awake at night worrying about my family's safety.

Chris' guide (the first in a series) equips the reader with a wide range of personal security advice – from protecting your cell phone, dressing so that you blend in rather than stand out in crowds to observational skills and security aids.

Learning how to reduce the likelihood of becoming a victim is a gift, and one that will see worry from your shoulders.

Now's the time to become your protection officer: read, learn and share Chris' guide and discover a sense of empowerment that comes with his security foresight and know-how.

**Pat Mesiti**, international motivational speaker, the author of *Pathway to Prosperity: The 12 Steps to Financial Freedom*, *Staying Together Without Falling Apart: How to Thrive in a Modern-Day Relationship* and other best-selling books.

## Introduction

In this Personal Protection Guide in the Secret Agent Skills series, we will focus on yours and your family's personal safety, security and protection while going about your daily lives. I will introduce you to situational awareness and what that means, and you will learn how to “recognise and respond” to various situations using my traffic lights system to self-aid you and your family members in your personal protection.

It will all make sense as you work your way through this book!

There is a saying, “don't run before you can walk”, and that is certainly true in many circumstances. When it comes to personal protection, some people may feel that they have to be a Ninja or Kung Fu expert, a boxing champ or a knife-fighting expert to protect themselves, and they therefore worry that they may not be able to defend themselves against an attacker. This results in a lack of confidence from the start. If you or any of your family has any of those skills, then for sure they might be very useful in unwelcome situations.

However, let's not run just yet. You are here to walk through the basics and build up slowly, thoroughly and confidently. One word alone sums up the best defensive weapon in personal protection. It does not require fighting skills or magic gadgets. For most situations, that one word, if acted upon correctly, can be a lifesaver: **AVOIDANCE!**

But to avoid an unwelcome situation, you have first to recognise it. You have to know what is normal and what is not normal—simple, right? Sadly, for some, it's not so simple, and far too many people become a criminal's victim! You will see some staggering statistics shortly and we will look at why that is in some cases.

But before someone is a victim, they are first a target, so knowing some basic skills will help you recognise those who may see you as a potential target. Then, once you've identified them, you need to know how best to respond to that situation and then how to avoid it if possible!

You might wonder why you or anyone would be a target in the first place! This is something we will look at in detail, as well as how to reduce the likelihood of being a target in part by reducing exposure and in part by increasing observation skills. There will be some fun observation tests later in this book for you and your family.

It is my firm belief that if you get the basics of anything right first, then you have a solid foundation to build upon from there. I digress, but have you ever bought a new electronic device? You think you know how to work it so you don't bother with the instruction manual. Then, ten minutes later, there you are reading the manual, doing what you should have done in the first place: learn how to use it by understanding the basics!

This book is your instruction manual—and everything you learn, you should share with your family members. If you have kids and if they are old enough to go anywhere alone, then they too should learn the skills being taught in this book.

I have used the words “safety” and “security,” and these have many meanings, applications and interpretations to every individual, whether we see them in a physical or psychological form. For example, good, robust physical security measures on your home or in the workplace will make you feel safe inside. In that example, you have both the physical and psychological forms.

However, you may see security as having money in the bank or being in a secure job. You may have long-term investments that make you feel secure financially. You may have family around you and that makes you feel safe and secure, knowing that they are always there for you.

It is great to feel like that, but although we often align safety and security, they are different.

To be safe, you may have to do things in a certain way to avoid an unwanted or dangerous incident or accident that has nothing to do with security.

To be secure, you may require robust physical measures to be in place, or you may have strict security routines and procedures in place that protect you from actual or perceived harm.

The number one enemy of safety and security is us, humans, with our absentmindedness, distractions, our vulnerability, bad habits and our predictable routines. These can all lead you to unwanted and unwelcome safety or security situations that more often than not could easily be avoided. We will look at predictable routines later in this book.

There are some things you can't prevent from happening, but you can be better prepared for them—and you will be with the right presence of mind!

One thing is for sure: given the chance, there are those and there are many types who will seek to take from you or harm you if they can, especially if YOU provide them with an easy opportunity to do so!

### **Okay, so let's get started.**

First, some KEYWORDS to remember! I will be using these throughout this book.

These are all connected to personal protection.

Dictionary Definitions: [www.merriam-webster.com](http://www.merriam-webster.com)

- **Safety**, secure from threats of danger, harm, risk or loss
- **Security**, being free from danger or threat
- **Threat**, an expression of intention to inflict evil, injury or damage
- **Risk**, the possibility of loss or injury
- **Awareness**, having or showing realisation, perception or knowledge
- **Loss**, the act of losing possession
- **Absentmindedness/Distraction**, an object that directs one's attention away from something else (*a good description of using a mobile phone, as you will see shortly*)

- **Opportunity Crime**, creating an environment that easily allows for loss or injury to happen
- **Vulnerability**, capable of being physically or emotionally wounded

Often, in our personal or work life, we have special words, phrases or abbreviations that we use that are specific to that environment.

The safety and security world is no different, and the above words are common speak within the industry. You should now begin to think about how or why they could impact on you and your family.

*Are there any threats? If yes, what is the risk to me from those threats? That is showing awareness, which helps to prevent loss or opportunity crime from taking place by not allowing you to be vulnerable through distractions. That all keeps you more safe and secure.*

Start to focus your mind towards your personal protection.

I will bring in more KEYWORDS as you work your way through this book.

# 1

## A Security Threat & Risk View of the World

