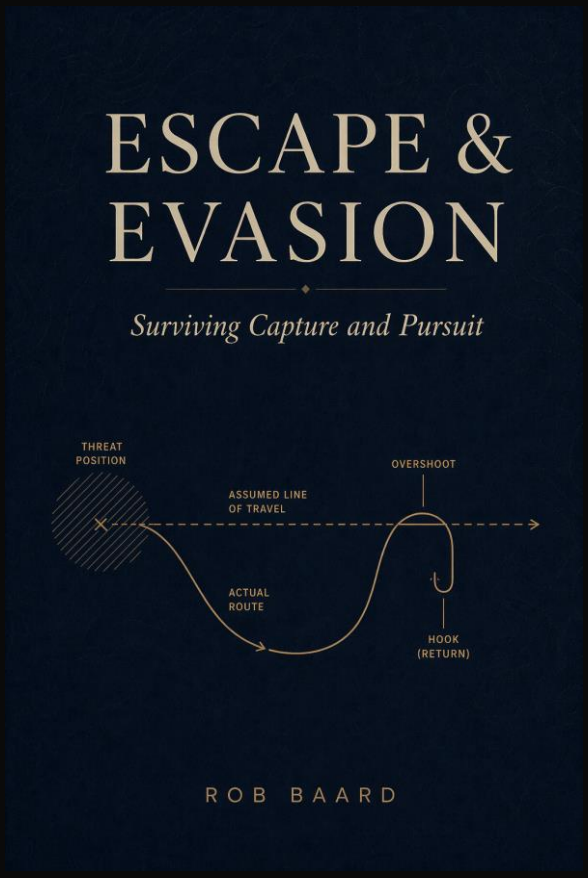
FREE COMPANION GUIDE · ESCAPE & EVASION

# The 6 Phases of Lawful Escape

*The Survival Continuum from Detection to Return.*




**Rob Baard**

Author of Stealth & Camouflage · Tactical Knife Fighting & Defence

THE DOCTRINE

# Survive. Recover. Return.

Escape and evasion are not cinematic arts. They are deliberate survival actions taken once detection, threat, or pursuit has begun. Their purpose is not concealment for its own sake, nor indefinite avoidance, but the lawful breaking of contact, the creation of distance, and the restoration of safety.

They are time-limited, goal-driven processes. They exist to move a person from danger to recovery. They prioritise survival over confrontation, decision-making over bravado, and outcome over appearance. They end when safety, extraction, or lawful resolution is achieved — not when pursuit is merely delayed.

> *You do not escape to live in hiding. You escape to go home. This is not a book about disappearing. It is a book about surviving long enough to return.*

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## The Survival Continuum

Every escape unfolds across the same six phases — in order, under pressure, regardless of terrain. This guide walks each phase. The full manual takes them through 18 chapters of doctrine, case study, and operational application.

— 1. Detection — you have been seen.

— 2. Threat & Pursuit — pursuit has begun.

— 3. Breaking Contact — the line is severed.

— 4. Movement Through Terrain — distance is built and held.

— 5. Short-Term Survival While Displaced — exposure is managed.

— 6. Recovery & Reintegration — life is restored.

PHASE 1 OF 6

# Detection.

## You have been seen.

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Concealment is the first line of defence. When concealment fails, the survival timeline begins. Detection is the moment your options narrow — and the moment most untrained people freeze.

The trained subject does three things in the first three seconds:

— Confirm the contact. Do not act on a feeling. Confirm with eyes, sound, or behavioural cue.

— Read the observer. Pursuit is not automatic — most observers disengage if you do not signal target value.

— Choose the doctrine. Disengage early or commit to breaking contact. The middle path is where people get caught.

> *Once you are seen, choices narrow quickly. The first three seconds decide most of what comes next.*

PHASE 2 OF 6

# Threat & Pursuit.

## Pursuit has begun.

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Pursuit is not a sprint. It is a degrading process. Most pursuers abandon contact within ninety seconds — if the subject creates distance, breaks line of sight, and forces a decision the pursuer is unwilling to commit to.

What collapses pursuit:

— Distance. Every second you are moving is a second the pursuer must commit further.

— Line of sight. Three corners is usually enough to fragment commitment.

— Decision cost. Fences, water, crowds, and unfamiliar terrain force a yes/no the pursuer often answers no.

— Witness density. Pursuit decays in environments that record it.

> *Pursuit is not defeated by speed. It is defeated by friction.*

PHASE 3 OF 6

# Breaking Contact.

## The line is severed.

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Breaking contact is not the moment you can no longer see the pursuer. It is the moment the pursuer can no longer predict you. The two are not the same — and assuming they are is the most common reason a subject is recaptured.

### The three signatures of a clean break:

— Visual. You are out of line of sight, behind sufficient cover, and the pursuer cannot project where you went.

— Auditory. Your movement no longer transmits direction — surface, pace, and breathing are controlled.

— Behavioural. You stop signalling target value — clothing, posture, and trajectory are reset.

> *Out of sight is not out of contact. The pursuer's prediction of you is the line you have to break.*

PHASE 4 OF 6

# Movement Through Terrain.

## Distance is built and held.

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Once contact is broken, the subject's job is not to keep running. It is to keep choosing — moment by moment — the route that costs the pursuer more than it costs the subject.

Three terrain rules govern this phase:

— Urban: complexity is your ally. Density, surveillance, and witnesses raise the cost of pursuit.

— Wilderness: isolation is your ally. Cover, scarcity, and exposure raise the cost of pursuit.

— Transitional zones: the highest-risk environment. Mixed signals, mixed cover, and the pursuer often holds the initiative. Move through them — do not linger.

> *Speed is finite. Decision quality is not. Move at the pace your next decision can keep up with.*

PHASE 5 OF 6

# Short-Term Survival.

## Exposure is managed.

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Most evasions are won or lost in the hours between breaking contact and reaching safety. The subject is now displaced — out of routine, out of resources, and out of orientation. Exposure becomes the threat.

### Four resources to manage in priority order:

— Shelter — exposure kills faster than thirst, hunger, or pursuit.

— Water — degradation begins inside hours, judgement first.

— Orientation — without it, every choice is a coin flip.

— Communication — recovery starts the moment a trusted person knows you are alive.

> *Pursuit ends. Exposure does not. Plan for the second clock.*

PHASE 6 OF 6

# Recovery & Reintegration.

## Life is restored.

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Escape is not the goal. Recovery is. The subject who escapes but never reintegrates has not survived — they have relocated the problem.

Recovery operates on three layers:

— Physical. Injury, fatigue, dehydration, and stress hormones do not resolve by reaching safety. They resolve by treatment, rest, and time.

— Psychological. The hunted mind does not switch off when contact ends. Reintegration requires structure — sleep, ritual, witness, often professional support.

— Legal. Survival is lawful self-preservation. Reintegration includes accounting for what happened — to police, to family, to the life you returned to.

> *You do not escape to live in hiding. You escape to go home.*

THE COMPLETE MANUAL

# Escape & Evasion.

This guide gave you the framework. The full manual takes the six phases through 18 chapters — urban, wilderness, transitional, submerged-vehicle escape, active shooter response, riot and crowd-crush survival, counter-tracking, and the recovery doctrine that closes the loop.

Grounded in clinical research, field doctrine, and lawful ethics — not fantasy, not fiction.

> *Survive. Recover. Return.*

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ABOUT THE AUTHOR

## Rob Baard

*14th-Degree Bujinkan Shihan · Japan-licensed Shidoshi*

Rob Baard is a Bujinkan Ninjutsu Shihan and licensed Private Investigator with over thirty years of training. He studied directly under Grandmaster Masaaki Hatsumi in Japan. His documentary on the tradition was screened by invitation at the Togakushi Ninja Mountain ceremony and is now permanently exhibited at the Togakushi Ninja Museum, Japan.

Escape & Evasion is the second volume in his civilian survival continuum, alongside Stealth & Camouflage and Tactical Knife Fighting & Defence.

GET THE BOOKS

# The Rob Baard Library.

Escape & Evasion sits inside a continuum. Stealth keeps you from being selected. Escape & Evasion gets you out once contact begins. Tactical Knife is the last-resort response when escape fails. Each book is a complete reference — and they reinforce each other.

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**Escape & Evasion: Surviving Capture and Pursuit**
$60.00 AUD on Amazon

**Stealth & Camouflage: The Complete Manual of Invisibility**
$73.92 AUD on Amazon

**Tactical Knife Fighting & Defence: The Complete Manual**
$66.00 AUD on Amazon

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