

## Native American Fox Walk and Wide-Angle Techniques

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I have always said that we could increase our survival knowledge by learning, and observing some of the skills practiced by the Native Americans. I have always pushed myself to my limits on learning new, and different techniques, therefore, I was more than willing to try any sort of hidden knowledge that I could learn from the various Indian tribes. The knowledge learned from them proves once again that knowledge is power. Although skills such as basket weaving, and other domestic traits would be certainly appreciated, I was at that time more concerned with the security aspects of their primitive life. My goal was to analyze, and inspect the ways that this early American population armed, and defended themselves against aggressive foes. When the SHTF it will not be like attending a Boy Scout Camp, things are going to get down, and dirty. Many will freeze to death in the winter, while dying of heat stroke in the middle of summertime. We would like to hope that these techniques would be an unlikely scenario that the average survivalist would never need to employ, but it would not hurt in the least to learn it. Unfortunately, like many good skills, we often find that the methods used for a particular action has been lost in time.

I am a fan of history, and it doesn't matter if it is ancient Egypt, or Colonial America. If there were skills which applied to that particular era, I want to learn them. I am totally amazed when I hear of some of the amazing tales passed down by the native tribes. Upon hearing these stories, it makes me realize just how incredible their knowledge was. Learning from these old methods used by the Indians provides the modern survivalist, and prepper with an specific advantage as you will shortly discover. My advice to all

people is if you are a learner by all means seek out as much knowledge as you can, however, if you are a teacher freely pass your knowledge on to others in the best way that you can. We have always based our training programs on providing survival information at no charge to those who want it. The more people who know how to provide for themselves the better things progress in emergencies.

It makes a person feel good about themselves when they can perform the necessary skills needed to survive. One should take it upon themselves to learn outdoor skills such as hunting and preparing game for consumption. Learn to not only kill a deer and field dress it, but to properly prepare it as well. The same would apply for small game such as dove, rabbits, turkey, and other wildlife. Learn how these creatures can be used not just for food, but clothing also. Along with the need for food, clothing, and shelter, security makes its way next onto our list of essentials. Every skill has its purpose, and that applies to the topic of security as well. You have knives for cutting your food after the hunt has been completed. You have your materials for making warm clothing for winter use. You have your tools that you employ to construct your habitat to house yourself, and your family. Why would you not have tools and skills needed to ensure your groups security?

When the early Indian tribes thought of security, they often visualize a system where they would silently sneak up on their enemies. This stealth mindset worked well not only on their foes, but upon the wildlife that they may need to kill in order to survive. The early Native Americans took their cues from Mother Nature, and their surrounding environment. There are two skills which I have learned from the Native Americans in terms of security that I would like to present at this time. The first skill you should master is known as the "Fox Walk," and the second skill is termed "Wide-Angle Vision." These two skills provided the early Americans with the ability to hunt, and stalk without any trace of their presence being detected. These Native American skills will even work well in urban settings, and are not just restricted to the wilderness or country environment.

The Indians used a method of silent walking known as the fox walk, and this technique enabled them to silently move about the forest undetected by neither animal, nor human. During wartimes with the neighboring Jamestown settlement, the Native American tribes made use of this means of movement to gain an advantage over the white man. Today it is even employed by our own Navy Seals when they wish to conceal their presence behind enemy lines. It is desirable to perform this method either barefoot or when wearing moccasins. Since the moccasins are made of a natural material, and thinner than normal shoes it would provide the protection necessary for one's feet while providing the stealth characteristics desired. With no shoes or moccasins, you are able to sense the ground, and what is on it to avoid stepping on items such as sticks which would give your position away. Please note however, that the Seals likely do not remove their boots so the fox walk can be performed with any sort of footwear, but, is most effective without shoes or when wearing moccasins. In order to perform these maneuvers, follow these simple steps:

Always place the outside ball of your foot down first, in particular that section of the foot which lies just behind your little toe. Next roll your foot with the inside ball behind the big toe, and finally place the heel down upon the ground. When your foot comes into contact with the ground you can judge whether you need to move your foot slightly to avoid contact with something on the ground which would create noise. The Native American's would diligently follow this procedure, and when stalking in a group each member of the group would step in the previous member's footprint. If the footprints were seen at a later time, the enemy would not know precisely how many were in the tribal party. The fox walk provides for a slow, but steady movement.

The next item of discussion is the "Wide-Angle Vision." This technique permits you to see movement, and any inconsistencies which are directly ahead of you, or slightly towards the side. The key is to keep yourself focused, and allow your eyes to observe the resources around you quickly, and to sense the various movements as they take place. It is the ability of the eyes to utilize its peripheral vision that makes you aware of your immediate surroundings. There is a simple technique used to practice the "Wide-Angle Vision." Simply stretch your arms and hands out directly in front of your body. Now, separate your arms slowly until they are stretched out to your side. If you were to wiggle your fingers, and still be able to see them, then you have successfully mastered the art of "Wide-Angle vision."

In all reality when using the Fox Walk, and the Wide-Angle Vision techniques mentioned above you are actually moving around less, using up less energy, and keeping a much calmer status than you would normally under similar conditions, and this is usual as you maximize your local vicinity resources. It is time for survivalists to get back to the basic foundations of survival, and follow the leads of the early Indians with their basic primitive methods just in case it is needed. Remember, practice makes perfect and you too can learn how to be stealth like the first American people.