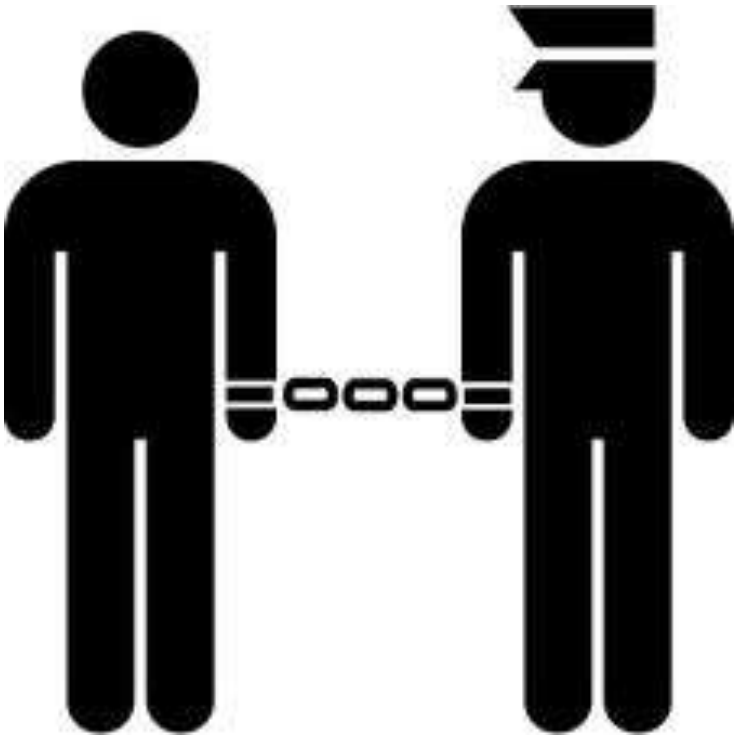
ARRESTED!



What YOU need to know to WALK FREE

The British Resistance guide for freedom in the Politically Correct police state

http://www.facebook.com/ShieldwallNationalistWelfareAssociation

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SHIELDWALL - the Nationalist Welfare Association

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Arrested!

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1) WHAT IS SHIELDWALL?

The Shieldwall was the way our Anglo-Saxon and Viking ancestors stood shoulder-to-shoulder with their comrades to survive the blood and chaos of battle. With their shields locked together and with total trust in each others` courage and loyalty, their battle line became a place of defeat and disaster for their enemies, who broke against the Shieldwall and died or ran with the Old English battle cry ringing in their ears: "Out! Out! Out!"

Once again, with our traditional identity and freedom under threat as never before, the Shieldwall locks into place to guard us once more.

Our Shieldwall today is the Nationalist Welfare Association. It has four core aims:

- **To teach activists** what they need to know to protect them from unfair arrest and to resist underhand attempts by the police to convict the innocent
- **To help provide good legal advice** for those arrested while campaigning for justice and in defence of our identity and freedoms
- **To raise funds for nationalists and patriots** who are persecuted for their beliefs and legitimate campaigning activities
- **To support the families** of those imprisoned for standing up for the existence of freedom of the indigenous peoples on England, Scotland, Wales and Northern Ireland.

Shieldwall - the Nationalist Welfare Association, is non-sectarian and welcomes help, and requests for help, from all true patriots. This guide is our first step. Who will form the Shieldwall? We are here, but we need YOU too!

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2) IT COULD BE YOU

There was a time when the only people with reason to fear the police and to know what to do if arrested were criminals. But for indigenous Brits like us, those days have gone. We are now subjected to institutionalised discrimination and second-class status, so even the most law-abiding and decent of our people can find themselves classed as criminals at a moment's notice.

You don't have to be an activist in one of the parts of the British Resistance. Anyone can be driving in town and have their car shunted by a member of some 'ethnic minority' who then plays the race card. Any English schoolchild can be picked on by an anti-white bully and snap back. Any Welshman or Scottish lady can be accused of 'Islamophobia' by a Muslim street preacher. Any

committed Christian can be accused of 'homophobia by a militant 'gay rights' activist.

And if by chance you happen to be present at some kind of confrontation between some of our people defending their community or themselves from aggressive immigrant colonists, then even if you are nothing more than a passive observer you could be arrested and dragged off to a cell.

If you are a political or indigenous civil rights activist, there are things you can do to give yourself and your colleagues some protection from arbitrary arrest or subsequent conviction. The most powerful of these is to ensure that all activities and interactions with the police or opponents are videoed.

A video camera both deters illegal behaviour by opponents and provides a record of events that cannot be contradicted even by a police officer lying under oath, which is the most common reason for unjust convictions in minor public order offences.

Even non-political members of our community should routinely hit the voice record button on their mobiles the moment something happens that could end in an argument with an 'ethnic' who might then make false allegations in order to play the 'race card'.

The sad truth is that, in the madness of multi-cult Britain, you don't have to do anything wrong to find yourself in a police cell. In the eyes of the Politically Correct police, being white makes you a suspect, being English makes you guilty.

It can happen to anyone. It can happen to you.

And just because you're innocent doesn't mean they'll realise their mistake and let you go. On the contrary, once they've arrested you, the police need to get a conviction. That's because they are under enormous pressure to succeed in converting arrests into sentences. It's good for their clean-up statistics, it's good for their careers and, in a strife-torn multi-cultural society in which 'ethnics' make up such a high proportion of criminals, it's good for their political masters to be able to point to increasing success in dealing with 'white criminals' too.

That's why it is so important that every single member of our community understands what happens when you are arrested, how the police will try to trick and trap you into 'confessing' to something you haven't even done, and what you must do to walk out of that cell a free man or woman.

Fortunately, all you have to do is to read this document and remember the simple lessons given in it to you by other members of your community, who have all been through the arrest and interrogation mill before and have passed the test - or failed it and learnt the hard way what they should have done to walk free..

You will be alone in there, but you know will know what to do. You will visualise the men and women of the British Resistance standing shoulder to shoulder with you. Their experience and advice will set you free because you will listen to it and follow it. They will be with you in spirit, and their unbreakable courage will uphold you. All you have to do is to remember and follow this advice and so give them the power to help you.

Summary:

In PC Britain, you don't have to be guilty to find yourself in a police cell. So make sure you know what to do in case it happens to you.

3) ARREST

The police arrest people for two main reasons. The first is to take them for questioning over an alleged crime. The second is to get them off the street in order to deal with an immediate public order issue.

For both reasons, arrests are invariably rapid and rough. The police either want to frighten you in order to soften you up for questioning, or to get you away from there as quickly as possible (if you are in a large crowd, for example, they will be afraid that your mates may try to rescue you).

Arrest at home

If you are arrested at home, it will probably be early in the morning. Smashing down front doors in dawn raids, or arresting victims at work so as to increase their chances of losing their jobs, are of course symptoms of Britain's slide into a totalitarian police state. So don't be intimidated, be quietly angry, and use that anger to strengthen your determination to thwart them by following the good advice you are reading now.

If they arrest you at home, the police have various statutory powers to search your home address. Do not try to stop them, as you are liable to end up facing charges of obstructing an officer in the execution of his duties.

Under certain circumstances, they may not be entitled to search, so if they ask for your consent, refuse to give it. They may well still go ahead, but if they felt,

they had to ask there may be something wrong with their procedure which your legal team can use against them later.

You are usually entitled to ask for a witness to be present during the search, but you will not be allowed to hold it up for long. Grab a friendly neighbour!

If they break anything while getting in or searching the place, make sure that someone gets photos of the damage. This may be useful to your legal team later.

If you have had advance warning that you may be arrested then you should already have moved items such as your computer and mobile phone out of the house and stored them safely with a non-political friend or relative.

- *For example, your comrades have just been arrested for being present at a demonstration you also attended.*
- *Replace your mobile with a cheap Pay As You Go phone while the heat is on.*

Even if there is nothing on them of any relevance, the police will seize computers and copy everything in an intelligence gathering operation. Plus, you will never be sure they haven't bugged them so will have to throw them away when you eventually get them back.

Don’t forget also that there are many publicly available free encryption programmes that can be used to protect your data from thieves or other intruders, as well as the thought Police. A small USB drive to store sensitive data is also easier to move!

Also be aware of items that could be shown to the media or to a jury to suggest that you are a 'dangerous extremist'. This could be a souvenir your granddad brought back from the war against the Nazis; a sheath knife you used to take camping; even Politically Incorrect books. Get them all out of the place as soon as you become aware of the slightest threat to you (take care you are not under surveillance). Better still don’t keep them in the first place.

In one infamous case in Northern Ireland during the Troubles (1986), a law-abiding school-teacher who was also a part-time soldier came to the attention of the police as the local organiser for the National Front, a perfectly legal political party. He was arrested after he drove past the scene of an arson attack.

The police seized a gallon container of petrol from his garage, a crate with some empty milk bottles from his back yard, and some old rags he kept under his sink. He accepted in an interview that they belonged to him.

They were shown to the court as 'evidence' that he had been making petrol bombs! Although he was totally innocent, he was found guilty, jailed and never practiced his profession again.

Returning directly to keeping you out of such trouble, during the search the police will record the items recovered on a PACE (Police and Criminal Evidence Act) 10 log. Do not answer questions such as "Is this your computer?" They will ask you to sign the log. Do not, until you have received legal advice.

Do not make any comments or remarks to the officers at all, or to anyone else including family members if the police can hear. It is all recorded as significant comments, statements or remarks. Your comments are all admissible, so say nothing about anything.

With a home arrest, they might let you get washed and dressed. Take your time. Breathe deeply a dozen times and collect your thoughts while you wash or shave. Tell anyone else in the house who to call once you have been taken away.

Arrest on the street

This is more often as the result of a direct public order issue. It is usually hasty and particularly rough. Their target is usually dragged along the road to the waiting police van. You may well be handcuffed, with tight plastic ties cutting into your wrists. You will be manhandled into the back of the van, followed by several officers.

Do not put up a fight or swear at them, it will only give them the motive and opportunity to hurt you. Absolute silence is far safer and doesn`t wind them up. Under certain circumstances - such as a mass arrest of demonstrators staging a sit down protest - it may be good to go completely limp so they have to carry you to the van, but follow the instructions of the event organisers.

The only time when physical resistance to arrest succeeds is if masked demonstrators (so they cannot be identified from CCTV footage later) substantially outnumber the police and take action to free individuals who have been grabbed by the police. This, of course, is liable to constitute the offence of obstructing a police officer in the execution of his duty, and is not something that we can recommend.

The 'caution'.

Wherever they arrest you, the police must give you an official 'caution' at the first opportunity. They should tell you why you've been arrested and give you the little spiel about not having to say anything and that anything you do say will be taken down and may used in evidence against you.

That would actually be just about the only thing they will say to you that you can indeed rely on. Anything you say is likely to be twisted and used against you. Which is why, whatever they say while they are holding you; you are going to say nothing.

'Softening up' - your resistance begins

In some areas you may be treated perfectly civilly, but in others a culture of bullying and aggression pervades the police and you are liable to be subjected to verbal and even physical abuse.

In either case, remember that however they treat you is part of their preferred routine for softening you up to give them the maximum chance of getting you to talk so that they can twist your words to help convict you. Whether they prefer the 'nice' or the 'nasty' way (and in all probability they will switch between the two) their aim is the same - to get you found guilty, even when you are innocent.

Their first step is to get you to respond to them, so don't help them in any way. Sit in silence, stare at the side of the van opposite you. Start to focus your mind on being somewhere else; the only thing they can control is your body, and the worst they are likely to do to that is to give it a few bruises like you'd happily accept in a sport that you play for fun. Your brain and your tongue are your own, so make up your mind to retain complete control of them for yourself.

Patriotic people often have particular problem when arrested in that they have a natural respect for the police, authority and the law. This can make it hard for a victim to resist the questioning which you will soon be facing. So get it into your head that, however much respect you have for the police as an institution, or for some individual police officers, you are now in the hands of enemies.

These people do not represent legitimate authority; they are the over-paid boot-boys of a corrupt, anti-British regime that is systematically trampling into the filth the ancient freedoms and identity for which generations of our bravest and best have died. Resistance to that regime is not a crime, but a duty.

Whatever form your resistance to this tyranny has taken, you are the one in the right and - despite their uniforms, badges and important titles - they are the ones in the wrong.

Summary:

- **From the moment they arrest you and on the way to the station, start as you mean to go on - say nothing.**
- **Do not admit to ownership of any item or sign a PACE 10 log.**
- **They have the power, but you are in the right.**

4) THE POLICE STATION

Once in the police station you will be hustled to the Desk Sergeant. He will ask for your details. Give your personal details but nothing else – name, rank and number, as all soldiers are taught.

Be polite to him; he is not responsible for your arrest and will not be involved in your questioning. Treating him as a human being just doing his job will show that your refusal to co-operate in any other way is an informed choice rather than sullen ignorance. That will speed up the time when they realise that they will get nothing out of you - and let you go.

You will be made to turn out your pockets; the contents will be listed and put into a bag. Your watch and mobile will go in too. If you have shoelaces or a belt they will be taken off you as well. Supposedly this is to stop you committing suicide, although why you should feel suicidal over what is in fact nothing more than one of life's interesting experiences and challenges is another matter.

The main reason, of course, that these things are taken away is the hope that it will make you feel as though you are under their power and shake your confidence. But why should it? Those things are only bits of material and scraps of metal.

The only thing that matters is what's inside your head. You control that and, despite their uniforms and their bluster, there's absolutely nothing they can do about it. You remain free in your head, and within a few hours, or a few days at most, you will be collecting your possessions and walking out of the door free in body again as well. You are going to frustrate and beat them.

At this reception stage they will take your fingerprints, a DNA swab and a mugshot. There is no point resisting this, as they are entitled to use as much force as they need to take these. Just go with the flow. We live in a police state

that does also have genuine problems with real criminals, so this is just part of a routine that can't be avoided. Everyone gets the same treatment, so don't let it bother you.

Inform the Desk (Custody) Sergeant that you have a solicitor and that someone will contact them to tell them that you wish them to contact the station for you. Until then do not consent to anything until you have sought legal advice. Be determined to sit still and quiet, secure in the knowledge that you have not been forgotten and that assistance will be on its way.

Your right to keep notes

Except in really serious cases, you are entitled under their Code C to writing materials while in custody. Ask for these now. As soon as you are in the cell you should use them to start to keep a record of what happens. Such material is termed "contemporaneous notes" and can be used in court in your defence.

You should write a full and legible note of events in time sequence. Record as near to word for word as you can remember what has been said (there is no need to do this for your formal interview, because this will be taped and your solicitor or you will be given a copy). Include the names and numbers, or at least descriptions, of the officers involved. Sign each sheet at the bottom and put on the time and date.

Summary:

- **They have a right to take your finger-prints and DNA swab.**
- **Only give your name, address and date/place of birth.**
- **Ask for a pen and plenty of paper and use your right to keep contemporaneous notes.**
- **Your thoughts remain free.**

5) YOUR RIGHT TO A SOLICITOR

You may be allowed to make one phone call from the police station but this is not an automatic entitlement. But every detainee DOES have the right to have someone notified - at police expense - that they are in custody, and where. You are also entitled to have one phone call made to one person any time they move you to a different police station.

If you know the name of the solicitor you wish to use, tell it to the Custody Sergeant, who will either call them direct or contact the Defence Solicitors' Call Centre. The DSCC have a list of every solicitor in the country so they will call your chosen firm and tell them that you are asking for them. This is why, no

matter where you are held, you can always get help from your own solicitors even if you don't know their number. All you need is their name or their firm's name.

Ask if you can make a call and, if they let you, contact a colleague or member of your family and get them to tell those who need to know you have been arrested.

Ideally you should always have the details of solicitors at hand. If you do not know of a solicitor at all, then Shieldwall has solicitors that they use.

Make sure you have somebody who can contact your own organisation or Shieldwall to notify them of your arrest and ask them to contact your solicitors as a matter of urgency.

If you are a political or civil rights activist, make sure that whoever you speak to knows to contact someone in authority in your organisation. They need to know so they can take appropriate action, which may include a demonstration outside the police station if the circumstances of your arrest are particularly outrageous.

Be careful to keep what you say in your phone call to a minimum , as the phone may be tapped.

If they are feeling particularly unsure of themselves, the police may refuse you access to a solicitor. Don't let this bother you, such an illegal action gives you an even better justification to refuse to co-operate with them in any way, and perhaps in due course for compensation for wrongful arrest and improper treatment.

In any case, because you are going to reply to any and every question with the words 'No Comment', you don't absolutely have to have professional legal advice at this stage.

You may be offered access to the 'duty solicitor'. Although these work with the police, they are usually fair and independent, but are unlikely to be as good as a solicitor with whom you have already established a relationship or who is recommended by your organisation. If you do not have access to a solicitor, however, the duty one is much better than nothing.

Whoever represents you in the end, you must under no circumstances get into any kind of conversation with the police, let alone answer any questions, until after you have spoken privately with a solicitor. Even then, especially in cases involving alleged racial or religious 'thought crimes', it is very likely that they will also advise a 'No Comment' interview. So decide right from the start that

that is how you are going to handle things and stick to that decision whatever claims or threats the police may make.

Summary:

- **Ask for your solicitor.**
- **If you get a phone call, remember that it will be tapped.**

6) YOUR RIGHT TO MEDICAL HELP

You are also entitled to see a doctor or request prescription medication. This is particularly important if you were hurt in any way while being arrested. It also helps if the police think about getting rough later.

Again, the police are quite likely to turn down or delay your request. If they do, don't fret about it, their breaking the rules only undermines even their claim to moral authority and could even form part of a later claim for financial damages you may be able to make against them once you are free again. But do make - and keep repeating - formal requests for medical help if you believe you need it.

If you are injured in any way, make an emergency appointment to see your own doctor as soon as you are released. If any injury leaves a mark get photographs taken as soon as you are released.

Summary:

- **Demand to see a doctor if you think you need one.**
- **If you have suffered any kind of injury while in police custody, show him and tell him you want to make a formal complaint.**
- **Photograph any injury sustained while being arrested or in custody as soon as you are released.**

7) THE CELL

The police will now shove you into a cell for some hours. They could, of course, start to question you straight away, but this is all part of the rather pitiful routine they go through to try to 'break' you. Being alone in a small cell, perhaps having to ask permission to go to the toilet (some cells have one in), getting bored or fretting about what your family, friends, boss, etc will think - it's all intended to demoralise you and make you ready to tell them whatever they want to hear so that you can go home.

When you think about it, it's really all a bit pathetic, isn't it? If you were in somewhere like Muslim Saudi Arabia or Communist China they'd just start

beating the soles of your feet with canes or wiring your genitals up to the mains. Here, their main 'weapons' are boredom, empty threats and fear of the unknown. That's why you are going to have no trouble to stay in control, follow this advice and walk free.

They may offer you a cup of tea or, if you are held for long enough, something to eat. Accept them, but do so because it is your right to be treated decently, not with any gratitude. They're not using their own money, they're not interested in your comfort, it is simply them fulfilling their legal obligations, because under their own Code C they have to provide you with at least two light meals and one main meal (plus 8 hours sleep) every 24 hours.

It is also another part of the little pantomime designed to make you feel that they have power over you.

So remember that you accepting a cup of tea or a bacon butty doesn't mean they've done you a favour that you have to repay by answering their questions later and giving them material to twist to incriminate you.

Think of it like this: They've dragged you from your bed or off the street for exercising your absolute right to campaign for your sincerely held political beliefs, or just for telling the truth. They're the ones who are arresting people for coming out to defend their community or to demand fair treatment for the victims of injustice. It's the police who, on top of their legitimate role against real criminals, also act as the paid boot boys of a rotten system that is looting, degrading and killing our nation.

If giving you a cup of tea or a fish supper helps to ease their consciences about the treacherous part they are playing in doing down their own people, then let them do it. But remember that by accepting their gesture and letting them feel a bit better about themselves, you are doing them a favour, not the other way around. They are the ones who are depriving you of your right to liberty; you owe them nothing.

While you are in the cell, don't let your mind dwell on any possible negative consequences of being arrested. Either lie down and go to sleep, see how many songs you can remember or think through every last detail of various pleasurable experiences. Take it as an opportunity to relax without any responsibilities or deadlines. This is rare 'quiet time', treat it as a gift rather than a problem.

If someone is put in the cell with you don’t trust them. Even if you know them don’t talk about your case with them. Talk about football or TV! The police regularly use informers placed in cells to get other detainees talking.

You should also use your time in the cell to come to terms with the fact that the coming hours or even few days will not be pleasant or easy. You are going to be questioned by people who, while not as dedicated as you, are very well trained. They will bring all sorts of tricks and pressure will be brought to bear by your interrogators in order to get you to talk or even to confess - even if you are innocent.

If you take part in sports regularly you could take this opportunity to train in some way or practice your sport. This can be done physically or mentally. It will occupy your mind and body and will help prevent you from thinking too much about the situation you are now facing.

The police are experts at applying so much pressure that it is quite common for innocent suspects often confess to crimes they have not even committed, just in order to bring to a swift end the extreme discomfort of being interrogated.

Decide right now that you will never buckle under such pressure. The interrogation cannot be escaped; but it can be endured, and that is exactly what you are going to do.

If you are involved in a political organisation, it doesn't hurt to take a bit of personal pleasure in thinking about how your comrades are going to have fresh, extra respect for you now that you've been arrested for your shared beliefs and once you have weathered the storm of a police interrogation.

Summary:

- **You're in the right**
- **They're the ones in the wrong**
- **Accepting food or drink does not mean you owe them anything. They are compelled by law to provide you with food, drink and time to sleep at night.**
- **Stay calm, focussed and positive**
- **You cannot escape, but you can and will endure. You won't be there forever!**

8) QUESTIONING

The Interview Room

For questioning you will be taken to an interview room. Everything in there is videoed and recorded, so it is now very unlikely that you will be physically assaulted. The time you spend in the cell is also recorded electronically, so it is

while being taken between the two that - if they are really desperate - you will be roughed up a bit, threatened or made some kind of 'off the record' approach.

If anything like that does happen, try to stretch out the time spent between the cell and the interview room. The time log will later provide strong evidence to back up your claim that something untoward happened at this stage.

More likely, you will simply be escorted to the interview room and sat down near two police officers. This may be on either side of a desk, or in a more informal setting with nothing between you and them.

Body Language

This is to help them watch your body language, but it's nothing to worry about. Contrary to popular myth, involuntary movements such as rubbing your own leg, touching your nose or fidgetting are signs of stress, not that anyone is lying.

The police cannot determine anything from your body language and neither can any court. What the police think never got anyone a guilty verdict; the vast majority of convictions result from people answering questions and making statements.

That said, a very good way to shut out their questioning and chatter is to concentrate on keeping still and not letting your body language give them any clues at all as to what you feel about what they are saying. Try to keep both feet on the floor and your arms folded. Work on trying not to move so much as a finger. It's remarkably difficult, which makes it an interesting pastime under the circumstances.

They will try to get you to look them in the eye. Avoid doing so at all times. They may try to make something of this, telling you that you're 'shifty' or 'not a real man'. Such insults mean that the fact that they know you are trained to beat them is already unnerving them. So remember that they want eye contact because it's the first step to their building the bogus 'relationship' they need to stand a chance of conning you into condemning yourself. Keep beating them - stare at the wall.

How Police Use Statements

This is because, unless they've actually caught someone in the act (in which case they wouldn't need to question them) the police always work from a suspicion or clue. The only way to confirm it is to get information from their victim. So if the suspect talks, they are able to write down his answers to their initial questions.

They then compare this information with things they already know. When they find differences which contradict the answers, they go back to the detainee and play up these differences. In trying to explain them away, the victim will probably only produce further contradictions, until in the end the original 'alibi' has lost all credibility. Even minor discrepancies will be seized upon by a skilled prosecuting barrister and used to push magistrates or jurors that the accused is a liar and is guilty. They do this even with the innocent. Remember, they are not interested in justice, only in conviction rates and in frightening the Silent Majority out there into staying silent. That's why you owe them nothing.

You cannot play with or outwit the police. The danger of making a mistake or of getting caught out by even an innocent memory slip is just too great, because being shown to be contradicting yourself gives your questioners a massive psychological advantage that they will exploit ruthlessly. The police hold all the cards during an interrogation, but they can only use them if you are foolish enough to play their game.

Don't try to be cleverer than them; they have too much experience and all the power - except that they can't force you to talk, and as long as you don't , they can't use their experience or exert their power.

That's why, even if you are confident that you could explain your innocence, you must not even try. Remember, especially when they are acting on orders from left-liberal police chiefs and their political masters, the police are not looking for the truth, they are looking to convict you.

Silence - Your Passport to Freedom

So say nothing. Concentrate instead on trying to sit still and to keep your hands and feet firmly in the same position and place all the time. Both feet flat on the floor and arms folded across your chest is the best. If you concentrate on controlling your body, it makes it easier to ignore the detail of their questions and simply to keep on answering every single one with the magic words that are your passport to freedom: 'No Comment'.

The police may tell you that it is illegal to refuse to answer their questions. That's a lie, just ignore it. They may point out that, if you are innocent, telling them everything that happened will put you in the clear any allow you to go. That's a lie, ignore it. They may tell you that if you don't tell them something that shows you are innocent, you won't be allowed to rely on it in court later. That's another lie.

They may say that a jury will be asked to consider that an 'alibi' produced later might be less convincing than one given straight after your arrest. But your defence can also explain that you distrust the police and were protesting at your

wrongful arrest by refusing to collaborate with them. In addition many people arrested may be in shock.

Don't worry about any of that now; if it comes to a trial your experienced defence team will be able to handle all of that. What they can't handle are statements extracted from you by well-trained and cynical detectives who are experts in twisting people's words and exploiting stress-related errors of memory to use against them. That's why it's so important that you give the police nothing at all to work on and continue to answer everything with the words 'No Comment'.

Leading Questions

Be aware that those interrogating you may use leading questions to try to provoke you into answering or to make you lose your temper. “Mr X, the reason you did this is because ……isn’t it, Mr X?" is the type of language used. They may even introduce family members into the questioning in order to provoke a reaction. “Isn't it true Mr X that the reason you did this is because Mr Y was abusive to your daughter?” is the type of thing they'll say to try to lure you into starting to talk.

Don't fall for any such tricks. Just keep on repeating "No Comment" to every question, in the same flat, monotone voice.

File on You

They will have used the time when you were waiting in the cell to make checks with local police about where you live, who you associate with and so on. If you are already involved in politics this means that they can make some pretty good guesses as to your opinions and activities.

They will use such information to give the impression that they know everything about you. One of their many informers may even have told them details of your life that it will surprise you they know. They may even have a thick file and read out bits from it. Of course, most of the sheets in it will be blank, it's all a bluff.

The police also always try to convince suspects that they already have a mountain of evidence that they committed the crimes of which they are accused. Their aim here is to convince you that resistance is useless and that your only chance is to co-operate in exchange for the empty promise of a light sentence.

Don't worry about what they know or claim to know. If they knew everything they wanted, they wouldn't be bothering to question you, would they? 'Evidence' can always be disputed, a confession cannot.

So don't confirm, deny or explain anything. Make a mental note on what they know, so that you can discuss it with your solicitor and report it to your organisation later, but don't say anything to the police.

Once they realise that you know what you are doing and that they are on course to get nothing, the police will react one of two ways. They may well accept the situation, in which case they'll go through the motions of asking the questions, record you answering 'No Comment;' to everything and then take you back to the cell.

'Good Cop, Bad Cop'

Or they will try to make you change your mind and to talk. This is where you can watch with quiet, detached amusement as they try the 'good cop, bad cop' routine that is as old as the hills and a sure sign that they know you're winning..

The 'good' cop will try to engage you in conversation about something completely unconnected with your arrest or alleged crime. He may claim to be personally sympathetic to your views and or to be interested in politics and to want to discuss current affairs. Or he may try football, beer, some place that you both know - anything just to get you talking.

But remember he's not doing it because he enjoys your company or has the slightest interest in the conversation. The sole aim is to start you talking so as to establish a relationship, a human connection that then makes it very much harder for you to refuse to talk when he brings the conversation back round to why you are there. Once you've had a seemingly harmless friendly conversation it seems extremely rude to refuse to talk. That's why there is no such thing as an "innocent conversation" with a police officer.

The aim is to exploit your natural politeness in order to increase his chances of getting you found guilty, given a criminal record, fined or even sent to prison. Whatever he says, he is not a friend but a highly experienced enemy who is determined to do you harm. So don't be suckered; just concentrate on remembering the best advice of the many ordinary citizens like you who have beaten the police time and time again by relying on the old wisdom: "Whatever you say, say nothing!"

Nobody Likes A Grass

Another dirty job they'll leave to the 'good cop' could be to approach you with an offer of becoming a paid informer. Of course, they don't put it like that; nobody likes a grass and everybody hates a tout, so instead he offers to get the charges dropped or to arrange for the judge to get the special certificate that tells him to go easy on you because you are working for the police.

In return you've only got to tip them off about anyone who might be getting 'radicalised' and thinking of breaking the law. You've only got to tell them who's doing what and where meetings are - the sort of information they can find on the Internet or by paying a subscription.

It all sounds so harmless. But, of course, it's not. Once a victim has fallen for such an approach he gets sucked deeper and deeper into betraying his friends and his Cause. Once someone becomes a tout they are not only paid pathetic amounts for their treachery, they can also be blackmailed into doing more. Their life becomes a miserable pretence, without self-respect and in constant fear that they will be exposed, because that i what the police often do when someone is no longer any use to them. This is why a suggestion that you become a low-life grass might be the only time to break the rule of answering "No Comment", since "Fuck Off" may be more appropriate.

Bogus Offers of Help

The 'good cop' may also have one last technique to break you - posing as the only friend you have in there. "I know you didn't do anything wrong, so let me help you to sort things out and then you can go home". Don't be fooled, it's bullshit so just keep staring at that point on the wall and say nothing.

Victims facing allegations of 'racial aggravation' or of racial and religious 'hate crimes' are particularly vulnerable to being sweet-talked into trouble. This is because these 'laws' are so widely drafted and so absurd that a seemingly reasonable, compromise 'yes' to a question like: "Even though you didn't intend to cause offence, can you see how someone might have been offended?" means that you would just have in effect pleaded guilty to an offence carrying up to seven years in prison.

The trouble is that the police know that 'law' far better than you, and they know exactly how to manipulate a question and answer session to get you to incriminate yourself. Which is why you must ignore their deceitful combination of threats and tender concern for you. Resolutely refuse to get dragged into their game.

If you are alleged, for example, to have been involved in some kind of direct action against criminal scum such as a white paedophile or a Muslim child rape gang, he may well even profess sympathy with your alleged actions:

"Truth is, son, that I agree with you about Muslim grooming gangs. I've seen and heard things that would make you sick. I can understand why you smashed up the car they were using to nonce your mate's little sister, but you've got to realise that what you did was technically against the law. We know you did it, we've even got CCTV footage of you running off, but if you'll work with us we can explain all the circumstances and put in a good word. You'll get away with just a fine."

Don't believe a word of it. You don't need his 'help' or bogus 'sympathy', he is just another Jobsworth getting paid far too much money to protect a criminal ruling elite and the scum they've let loose on our streets. There are no 'good' cops when it comes to questioning suspects - and there are no exceptions to this rule.

If you 'confess' so as to end the tension of the interrogation, the judge will give you the longest sentence possible, because the State, despite having failed so many victims of disgusting crimes such as paedophilia and racist grooming by Muslim gangs so badly, is determined to maintain its monopoly on force and law enforcement. So resist the temptation and stay silent.

A confession might end the questioning and bullying, but it would only start a far longer prison sentence. A confession would destroy you, but a defence, built on silence, with the help later of a good solicitor, is sure to help.

A related trick is to say that they know that you're decent and mean well, but that you have been manipulated and 'exploited' by others. "You've got in with a bad bunch, and we need your help to help you." "Why are you risking going to prison for a bunch of people who care nothing for you? They're all crooks anyway, blah, blah, blah....."

This suggests that you're some kind of idiot who just gets dragged along without being able to think for yourself. It's an insult rather than a genuine offer of help, but don't get angry, just concentrate on how you're going to treat yourself once your refusal to talk forces them to let you go free. Go fishing? Have a beer? Good sex? Stare at the wall and concentrate on what you'll do once silence sets you free.

Finally, he may try the old lie that, unless you tell him something, his grumpy, aggressive, bullying colleague will take over and give you a hard time.

Don't be fooled, just remember that they are two halves of the same pantomime bull and continue to ignore whatever either of them says.

When They Start Shouting, You Know You're Winning

The 'bad cop' will pretend to lose his temper with you. He may shout and scream and threaten to beat you up. But it's just an act. And even if he does slap you once or twice, you had worse falling off your bike when you were a kid. Just remember that the fact the police are willing to stoop to such depths means that you have succeeded in frustrating them and that the experience will soon be over.

After a while, he may leave the cell. The 'good' cop may give you "one last chance" to "confess" to something quite small in order to stop his bullying mate coming back and "beating the crap out of you" because he thinks you're guilty of something far worse. Yet more lies, of course. And such desperation means it's nearly over.

So stick to your guns like the bravest of your ancestors did under fare worse circumstances. It's not exactly like Crecy or Agincourt, with you and a handful of other half-starved peasants with boys and arrows up against a huge force of heavily armoured French nobles, is it?

You're not facing the fate of the brave Englishmen who defied tyrants to found the liberties we still defend today - no-one's going to burn you at the stake or nail you to the public pillory by your ear! And however unpleasant it is being shouted at by a burly police thug, it doesn't compare with being up to your knees in mud and the rotting guts of your pals in a trench on the Somme.

The men who stuck it out under those circumstances were your ancestors. Their blood and their spirit live on in you. Remember that as you promise yourself that no jumped up traffic warden is going to break you. So however much he shouts and blusters, what are you going to keep on saying?

It is particularly easy to resist the pressure of being shouted at if you understand that they are shouting not out of anger at you but out of frustration with themselves. Here are they, highly trained experts at getting information and confessions, being beaten by you, an amateur who they thought was going to be a pushover. Is it any wonder if they lose it?

It's the same if they start boasting about how they always get people to talk or that "we know everything". If that's true, why bother to tell you or to keep asking you questions? The reality is that they are trying to cover up their own failure and sense of inadequacy.

It may help to stop thinking of them as highly trained and competent modern police officers and to visualise them as a primitive hunting band, dressed in animal skins and shouting and boasting about how they are going to kill their prey. Shouting and boasting is just a primitive war dance. Watch it with amused detachment and don't take any of it seriously.

Summary:

- **Ignore any claims they make.**
- **Avoid eye contact at all times.**
- **Don't try to outwit the police, they are professionals.**
- **Do not 'bite' at their attempts to make you angry.**
- **Lies are especially dangerous as it is difficult to construct a story without them spotting and seizing on contradictions.**
- **Answer EVERYTHING with the words "No Comment".**
- **Focus your mind on something you're going to enjoy once free again.**
- **There is no such thing as a 'friendly' police officer.**
- **Remain calm. You are in charge. Not them.**

9) SOMEONE ELSE'S STATEMENT

Once you've won the first round and they've shoved you back alone into the peace and relative quiet of your cell, they might put a bit of effort into another very old trick - producing a bogus or even a real statement from someone else they have arrested in connection with the same incident.

To try to break your nerve, they may well try to disturb your peace by banging on the cell doors or shouting at you. Try to ignore them. Set your mind to going over all the things you are going to tell your solicitor to build your defence case.

In due course, they'll come back and take you to the interview room once again. This time, though, they'll have another file, complete with what they say is a statement from someone else that incriminates you.

The aim is to either frighten or anger you into giving a statement that defends you from the allegations. Don't do it, because it's the inevitable contradictions in different statements that provides a large part of the evidence in most court cases. What someone else has said, or is said to have said, is their problem, not yours. The only statement that can possibly be used to convict you is your own - so don't be tricked into making one.

If, later on, they put you in the same cell as someone who has made a statement that includes allegations against you, remember that the cell will be bugged or

that another 'prisoner' in there will be a police grass. Don't get angry about the statement, that will just make them think it's true. Instead tell him that you are sorry that he has been bullied into making a statement and urge him to retract it.

Summary

- **The only statement that can get you convicted is your own. That's why you're not going to make one.**
- **Anything you say other than 'No Comment' can and will be used against you at a later date.**
- **Never say anything other than 'No Comment'. The onus is on them to prove you did something; not for you to disprove anything. And you don't have to help them to prove anything.**

10) WORSE CASE SCENARIO

The vast majority of unjust arrests of nationalist activists or members of the public for involvement in demonstrations, giving out certain leaflets, or as a result of 'ethnics' playing the 'Race Card', lead to them being held at most overnight or until a specific activity has taken place. I

In such cases it is extremely unlikely that you would experience anything worse than what has already been outlined.

But in the very unlikely event of you being in some way considered a suspect in some serious crime, or when the brown stuff hits the fan and serious civil unrest breaks out between different ethnic groups as the failed multi-cultural society spirals into mayhem, then police desperation for intelligence and convictions could lead to things getting rougher.

The experience of Northern Ireland provides clear evidence that, under such circumstances, the British police force are prepared to use extreme pressure, including serious violence, during interrogations. Not only against people they suspect of shooting and bombing police officers and innocent members of the public, but also against the members of organisations which in fact exist only to defend the rights of decent British subjects and our British identity.

Under such extreme circumstances, physical torture, psychological torture and humiliation are all liable to be used. So highly unlikely as it is that you will ever find yourself subjected to such pressure, we will examine the experience of detainees from both sides of the sectarian divide in Northern Ireland during the Troubles.

a) **Physical Torture.** This usually takes the form of kicking, punching and twisting fingers and limbs. Cigarette burns went out of fashion on account of leaving such obvious marks.

   Even in extremely repressive regimes, the threat of physical torture is used more than the real thing. Severe violence invariably leaves scars, which are liable to become a PR disaster for the ruling regime when they are later displayed publicly. It is even more unlikely that anyone reading this in Britain will be subjected to serious levels of violence, as opposed to a bit of a roughing up.

b) **Psychological Torture.** This is much more common but, of course, it only does the harm that its victims permit inside their own heads. It includes threats to the victim and his family and friends. In Northern Ireland, victims were often threatened with murder, with their details being leaked to paramilitaries on the other side of the sectarian divide, or that terrorists on their own side would be told that they had become informers.

   Even obviously empty threats, such as castration, were used. Coming at the end of some days of relentless questioning and deliberate sleep deprivation (lights left on in cells, banging on the doors, shouting, etc), the disoriented and frightened victim becomes unsure of what is real and realistic, and what is not.

   Even on mainland Britain, there have been recent cases where individuals questioned by the police have been threatened with their college being told of their Politically Incorrect political involvement, or have been told that failure to provide information will lead to their name and address being passed to violent Muslim gangs.

   A prisoner who has some secret that his friends and colleagues outside do not know about, such as homosexuality, a petty criminal record, etc, may be threatened that they will be told about it.

c) **Attempted humiliation**. This is often done during a strip search, with remarks being made about the prisoner's sexual organs. This really is a low life trick but, of course, the only place it can do damage is inside the victim's head.

   It is easily handled by someone who knows what they are up to. By removing the victim's clothes the interrogators hope also to remove the mental barriers he has put between him and his persecutors. A disoriented victim is thus naked in mind as well as in body - but only if he lets his mind dwell on his nakedness.

To add to the intended humiliation, the interrogators pass derogatory remarks about their victim's sexual organs. Those who have been subjected to such abuse say that it is easily dealt with by thinking of what kind of warped and repressed tendencies those doing such things must have inside their sick heads.

What kind of 'man' gets off on looking at the sexual organs of a cold, nervous prisoner? The kind of sick freak who throughout history has done the dirty work of tyrants. It's not their victims who have a problem, it's them.

The mentally most agile victims turn it all around in their own heads, ignoring what their would-be tormentors have to say and visualising them sitting naked in a large bath together, squabbling over who is going to stick the large pink rubber duck up whose arse first. The more they try to humiliate you, the more you can mentally write them off as twisted weirdos who count for nothing and whose perverse comments can be ignored.

The more philosophical prisoner might wish to ponder why someone might need a badge or uniform to feel important. In either case, what is there to fear from such inadequates?

Summary:

- **Whatever they say or do, it won't last very long.**
- **Bullies are always full of threats, but most of them are empty. You could get more bruises from playing a good game of rugby.**
- **The only words that can hurt you are your own.**

11) SEVEN DAYS - or much longer? IT'S YOUR CHOICE!

Whether you are subjected to the normal tricks and pressures, or even in really extreme and unlikely circumstances to something much worse, you must remain focussed on saying nothing and walking out a free man or woman.

Whatever happens, unless the police have such cast iron evidence of a crime that an interrogation is a formality, the longest they are normally able to hold a suspect - including you - is seven days.

That may seem like a long time while you're getting shouted at or sitting bored in a cell, but it's much, much less time than many perfectly innocent people who've been tricked into trying to talk their way out have ended up serving in prison for something they may not even have done.

Of course, it is natural to have some doubts about this advice, especially once you have been the victim of many hours of deliberately degrading and disorientating treatment. You may even be tempted to speak out of a mistaken hope that, if you speak, you will appease your captors and get them to leave you alone.

On the contrary! It is a simple fact that the police work to a simple rule of thumb: "If a prisoner won't speak he may be innocent and further questioning may be a waste of time, if he speaks a little there is always more and so more serious interrogation is necessary." So the prisoner who tells the police a bit in order to avoid further pressure and go home quickly is in reality inviting more abuse from his interrogators, who will always assume there is something more they can squeeze out of him. That's another reason why silence is the best policy.

Most of all, you will stay silent, because, if you ever happen to be arrested and questioned by the police, you will remember this document. You will remember that this advice was put together in discussions with victims who talked and who paid the price, as well as those who gave 'No Comment' interviews and walked free as a result.

You will know that the advice in this document has been set down for you by a team of experienced activists with decades of experience. Everyone who has contributed to this booklet has "been arrested, done that, got the T-shirt". Some knew about these things before they were arrested and walked free. Others didn't have the benefit of advice like this and paid a heavy price for that failure by their leaders.

You will be aware that this booklet has also been gone over by sympathetic nationalist solicitors, with decades of experience defending clients who have been accused of all sorts of real and imagined crimes.

You will remember that they all agree that the client they find it easiest to defend and to help walk free and innocent is the one who follows the most valuable expert legal advice you will ever be given: "No comment = no conviction!" so "Whatever you say, say nothing!"

SUMMARY:

- **Leave all the talking to the professional lawyers to do later..**
- **Say nothing. Walk free. Walk tall.**

Summary Checklist

In PC Britain, you don't have to be guilty to find yourself in a police cell. Sure, you know what to do in case it happens to you.

ARRESTED!

- From the moment they arrest you and on the way to the station, start as you mean to go on - say nothing.
- Do not admit to ownership of any item or sign a PACE 10 log.
- They have the power, but you are in the right.

THE POLICE STATION

- They have a right to take your finger-prints and DNA swab.
- Only give your name, address and date/place of birth.
- Ask for a pen and plenty of paper and use your right to keep contemporaneous notes.
- Your thoughts remain free.

YOUR RIGHT TO A SOLICITOR

- Ask for your solicitor.
- If you get a phone call, remember that it will be tapped.

YOUR RIGHT TO MEDICAL HELP

- Demand to see a doctor if you think you need one.
- If you have suffered any kind of injury while in police custody, show him and tell him you want to make a formal complaint.
- Photograph any injury sustained while being arrested or in custody as soon as you are released.

THE CELL

- You're in the right
- They're the ones in the wrong
- Accepting food or drink does not mean you owe them anything. They are compelled by law to provide you with food, drink and time to sleep at night.
- Stay calm, focussed and positive
- You cannot escape, but you can and will endure. You won't be there forever!

QUESTIONING

- Ignore any claims they make.
- Avoid eye contact at all times.
- Don't try to outwit the police, they are professionals.
- Do not ‘bite’ at their attempts to make you angry.
- Lies are especially dangerous as it is difficult to construct a story without them spotting and seizing on contradictions.
- Answer EVERYTHING with the words "No Comment".
- Focus your mind on something you're going to enjoy once free again.
- There is no such thing as a 'friendly' police officer.
- Remain calm. You are in charge. Not them.

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- Whatever they say or do, it won't last very long.
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