



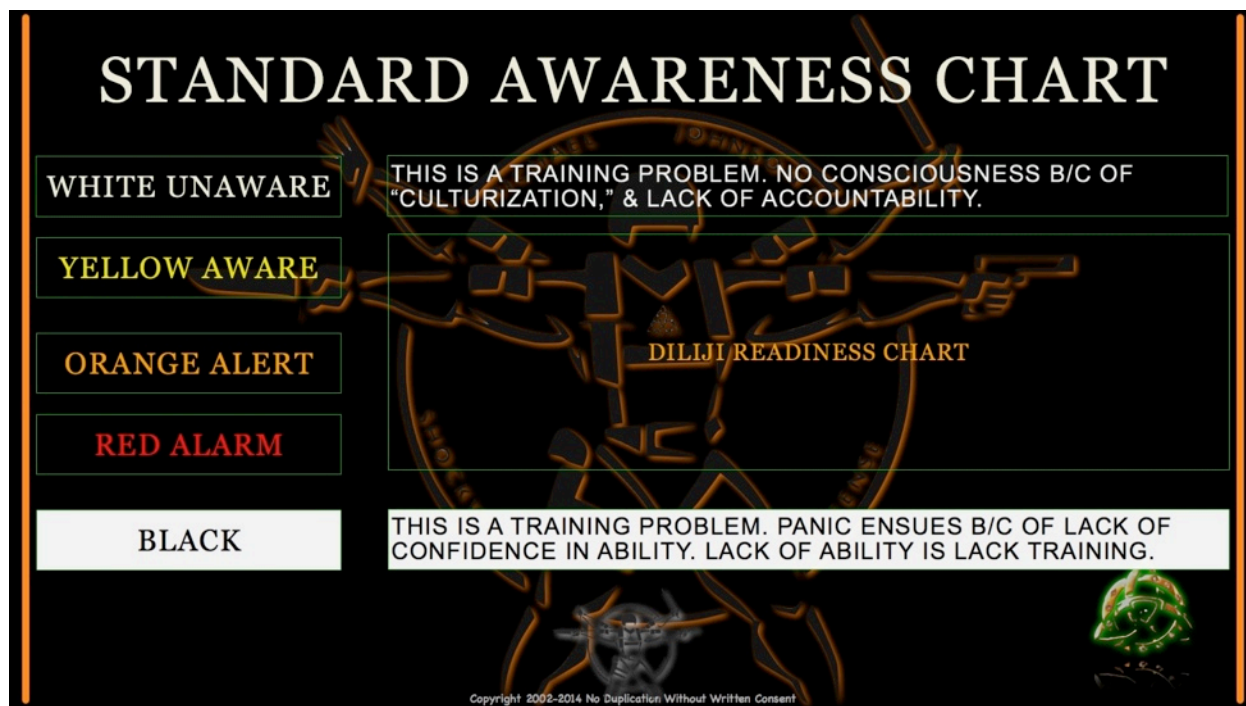
## **Foundations in Awareness I**

What we're going to be discussing today is awareness, and we're gonna talk about a few different variables and tell people what to do when they're dealing with that color code, and what is going to be interesting is a conversation on that, because we at first talked about this video, we said "look, we could just put up a screen and do a voice-over and talk about the color code of awareness, and here is one aspect of it." And I actually did that, believe it or not, and I was looking at it and I was ready to fall asleep watching this thing, and I couldn't produce a DVD like this and give it to the students because if I'm willing to fall asleep they'll probably fall asleep. So we're going to do this the way we do everything at Shockwave Defense; big and entertaining and worth watching.

Before we start talking about awareness, I want to talk about the three different types of awareness. A lot of people don't understand what awareness actually is and they talk about it as only being a pre-stage to getting involved in an altercation, but there has to be awareness at these three levels: there has to be a pre-stage of awareness, while you're in the altercation- because more things can happen during the altercation- and there has to be an awareness afterwards. We live in a society where cameras are everywhere and you have to not only defend yourself, but you also have to be aware of how you're doing it so you don't get yourself in trouble when somebody is attacking you. I am not an advocate of saying "risk your safety at the cost of being 'ok' with the rules and regulations that are set in place"- I just don't agree with that. Your safety is first and making sure adhere to the law is secondary. I'm not an attorney and you should go speak with an attorney before you listen to any of my advice because they know the law and understand it much better than I do.

The color code of awareness came from the Cooper Color Code, and although we've modified it to fit our own needs, all of these color codes stem from the original Jeff Cooper created. Jeff Cooper (1920-2006) was a fascinating human being; he served as a Marine during World War 2 (1941), and in the Korean War he was typically involved in types of irregular warfare activities and got promoted to becoming a Lieutenant Colonel. After the Korean War his Marine Corps application was declined to remain in active duty and he went back to school and received a master's degree in history. Cooper was also a graduate from Stanford University with a bachelor's degree in political science before enlisting as a Marine, and he founded the American Pistol Institute (1976) and he began teaching shotgun and rifle classes not only to law enforcement but also offered classes to civilians, which was rare for the time. I remember watching a video on him that talked of his teaching and they looked at him as a "militant" at first until he said everyone has the right to protect themselves and was known for his advocacy of that. His concept of the color code was basically to create different types of conditions to train people how to interact in a high risk and high tension

situation. We've seen this color code pushed out in a lot of different martial arts and defense circles, but what I don't like about it is we're not often taught how to use it. This DVD is about how to use the color code of awareness. We're going to break it down and talk about what each section is:



White Unaware is a training problem if you're engaged in combat warfare and you're in this state. However, I'd like to enhance the fact that this is not a bad thing when you are in a position where you can let your guard down, because there does come a point where you do have to regenerate. Hans Selye (1907-1982) is considered the forefather of stress theory has a lot of interesting research that says if you just stay in a state of alertness all the time, you will not only become fatigued, but you'll actually break down your body and become ill. Therefore it's important to have an environment where you can be unaware and put down your guard, but it also means that somebody else in the environment has to be doing double the work. This is where it really kicks into a tribal mentality, where you have your brothers that you can trust and they'll look out for you while your guard is down. White Unaware isn't necessarily a bad thing, despite popular belief that you should never be unaware- well, if you're never there, you'll fatigue yourself, break down your autonomic nervous system, and find that you'll become ill. You do need a time where you can be at White Unaware.

Yellow Aware is a state- once you're outside of White Unaware- where you're not in an environment that you can put down your guard or you don't have other people that you trust that can keep alert for you. This is where you realize the danger could exist, but nothing has happened yet.

Orange Alert means there is a situation taking place but it is not necessarily involving you. For example, you may be walking into a store and hear a guy yelling at his girlfriend, or a girl yelling at her boyfriend, and immediately you realize there is a tension to the environment; you start picking up that

frequency even before you walk in. What's so unique about Orange Alert is there's a very thin line between Orange Alert and Red Alarm, the primary difference being that Orange Alert obviously doesn't involve you, but how quickly things can change where it does involve you. It could be something as simple as: you walk in, you see somebody is fighting, you look at them, they make eye contact, boom- they switch it and turn on you.

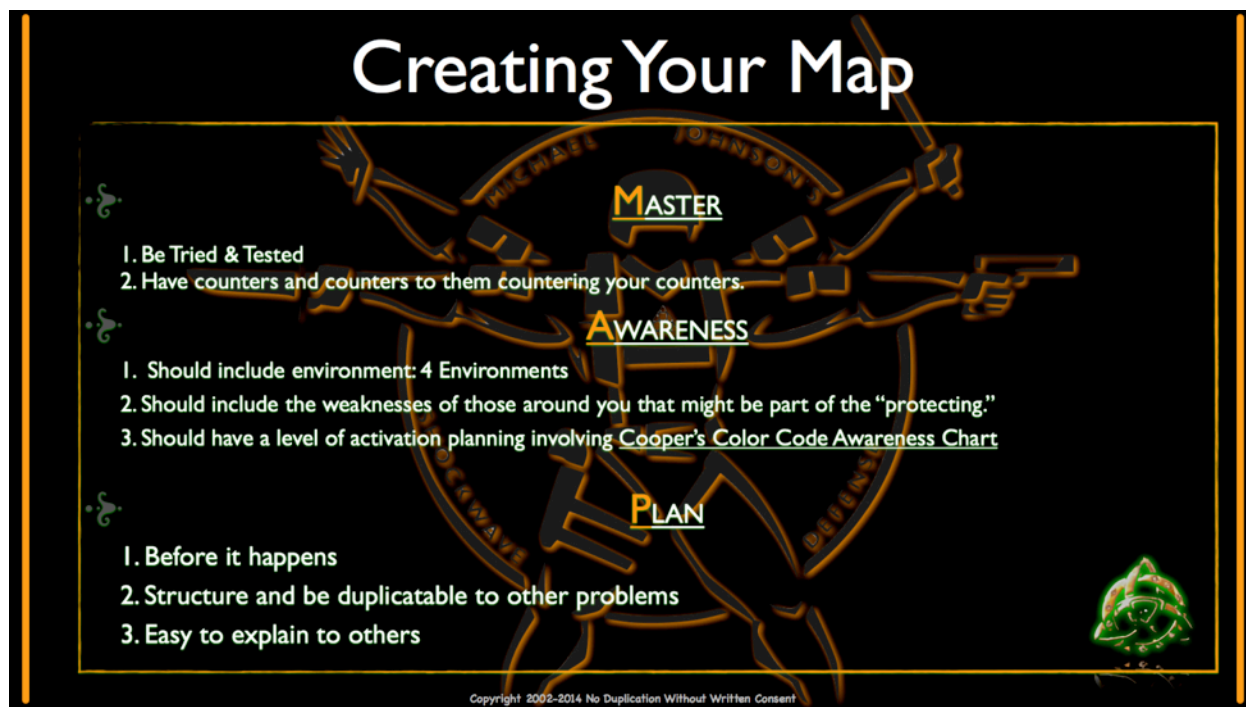
Red Alarm is when you are involved in the conflict, it is directly addressing you, and you now have to function and figure out what to do in that situation. You should never be going from Orange Alert to Red Alarm and then freeze because you don't know what to do; that's where we get into what we call "mapping." When we talking about a "map," we want to envision a master awareness plan and we'll get into that shortly.

Black is a training problem and is even more dangerous than White Unaware- which is something we need- while Black is where a lot of people will go straight into a violent rage or zone out, but they aren't present. The problem with the violent rage, although you think that maybe it is productive, it really isn't because when you're in a state of hitting and striking everybody, you may find that you're more damaging than productive. What if your kid grabs you at that moment? Or what if your wife grabs you? You are now in a state where you are dangerous to everybody around you, and it's a result of a lack of training and emotional discipline, because when you become "desensitized" to violence you start functioning at a very different level.

For example, I know some guys that have been in the military; they've experienced combat, and have done room clearing tactics on hundreds of buildings during their tour. The first guy, when he goes out to combat and hears a bullet fly by his head for the first time, he freaks out. But the guys who are acclimated and familiar with combat, when a bullet flies by their head, they start to calm down. It changes how they respond to violence and how they respond to the threat. When you are looking at a stage of Black and think "that's a manly thing to black out and beat everybody up and come back to... sounds like a cool story"- no, it's not. It's a training deficiency. It's just like the first time we get do our combat stick fights: the first time you go in, you're very nervous because you're fighting new people and you're not quite sure how they are going to take it, and you say in your head "I'm going to take this as far as I have to take it." When you have that mindset where you're unprepared and you're not calm with the circumstance that is when you can go into Black. But the more you train and become diligent on your emotions and how you respond to stress; Black will become less of a problem for you. When people used to say they wanted to fight me, my heart used to race and I used to get all excited. However, if you notice that you're in that state for awhile, you can calm yourself down and will be much less likely to head into a state of Black because you'll have a plan.

Black happens when you go into this total panic, you don't have a plan, you're resorting back to animalistic behavior and flying out of control, and that's not conducive to protecting yourself or your family. Although you may be protecting yourself momentarily, you may end up putting yourself in prison long term. The whole reason you learn self defense is to not only protect yourself in the moment, but to protect yourself long term and to give yourself the opportunity to enjoy a long and healthy life.

So let's talk right now about how to use this awareness chart and create/build your own map.



You can't take anything from the guy, he was amazing, and the awareness color code that he designed was a progression of stages to say "here's how you can keep from being in a situation where you're panicking" and something happens and you're wondering "what do I do now?"

He started with Yellow which stood for awareness, even if nothing is going on. The first level is White, and a lot of people talk about while as though it's a bad thing, they say that you should never be in a state of White when you're not aware that a threat could exist. You should always be aware that a threat could exist, but you have to understand, that if you're always in a state of being ready like Hans Selye warns, then you're going to fatigue yourself mentally and physically, as well as weaken your immune system. You don't want to always be in a state of Red, where you're always alert and ready to go war because that's exhausting and it's not good for your social life either. There is a time for White, but when you are in White, you have to make sure that you have other people around you that can be in Yellow or Orange. For example, I've had times when I'm exhausted and having a rough day, so Campbell keeps the eyes out and is ready to rock and roll if necessary. When I'm in a scenario where I don't have somebody that can stay aware, I just don't go out that night. I'll stay home and make sure weapons are nearby if I need them, but I don't have to be as alert as I typically could be because awareness is a huge part of self defense and your safety.

Yellow is when you realize that a threat could exist, but there's nothing present. Orange is where something is going on, but it doesn't exactly involve you. There is a very thin line between Orange and Red, to when you have to activate and get going. Orange is a threat present that doesn't involve you, while Red is when you tell a guy to stop slapping his girlfriend, then he turns around and comes after you; now you're in

Red. Red is go time. This is where we see a huge training deficiency. I've talked to a lot of guys who think blacking out and going into hulk mode is cool- and it's not good because you have no self control. Any time that you're not in control, it's a problem. Not being in control is not a state of manliness or elevated consciousness; it's a state of training deficiency. A lot of guys will say that you can't remain calm when bullets are flying by your head, but that depends how many bullets are being shot in your direction on a regular basis.

We have buddies that have been in hostage rescue and Special Forces, and they go out for the first time and it's really exciting and exhilarating, it freaked them out, but now it's normal. It's when high intensity training because the norm that's when you see people acclimating and becoming comfortable in Red. It's one reason why I and a few other people do combat stick fighting, because I want to put myself in Red and make that level of intensity normal for me. When Red kicks in, it's not going to be a surprise or have any shock factor; or at least, not as much as it would if I'm watching "My Little Pony" episodes all day and braiding my sister's hair and wearing skinny jeans. If I was in a situation where my level of excitement was constantly at a lower phase, then when things start going down, I'm not going to be able to function correctly. That's a big part of our culture and why we have such a lack of awareness, because we are taught on an ongoing basis that it's okay to blame someone else for you getting attacked or getting injured. It may not be your fault, but it's still your consequence. I can walk around all day long saying that it's not my fault, but if I get injured, I have to deal with that.

One of the things that we really need inside of our culture is to be able to function at a higher state of consciousness. It doesn't always have to be a bad consequence when people come to see us; they wait too long to get training, and it doesn't have to be like that. The reason it's like that is you start off in school. For example, I know my daughter's school wants her to tell the teacher if a kid hits her. I told her that if a kick hits her, she needs to punch him in the mouth, and then tell the teacher. Our family doesn't function that way; you don't go to the teacher to protect you. It's your job and responsibility to protect you. The teacher can't do anything. They can only put him in a time out after you punch him in the face, and then you both can sit in time out, and he can think about how he shouldn't have hit you, and you can focus on how you could've gotten a better shot or made it harder.

We see this also in anti-bully campaigns where we have this approach that doesn't allow kids to bully, but I think we're weakening the fabric of the culture. I don't know if we should say that we should teach kids not to bully, but we should teach them how to beat up the bully. I don't know about you but I had to deal with bullies in high school, I got picked on, and I still occasionally get picked on, it's just the bullies have changed. It goes from some kid picking on you and taking your crayons, to high school where the kids in sports or some teacher who has an ego problem. I always noticed in the PE coach was also the football coach and thought he was God's gift to the earth because all the kids followed him around. Everyone else had to work out while the football team got to hang out in his office and talk about girls.

The bully changes and you get out into life and realize scenarios in which you have to deal with motorcycle groups, or criminals, or drug mafia guys; they're not going to back down just because it's against the law. I don't want my children or students to think it's a good idea to sit down and function at a level of waiting for permission before you take the chance to protect yourself. We've seen this circumstance

a lot. A lot of the female students, for example, actually need permission to hit something, and when they do, it changes everything. The first awareness before going into more detail on the color code is self awareness: what are you willing to do, how far are you willing to take it, and who you are.

I know from my first time I was in a real fight when the guy didn't back off after a couple of punches and a pose, because they knew I was in marital arts, this one kid called my mom a name, I called him a loser, next thing I know we were fighting at lunch. I was not aware of my own self limitations because I didn't know how strong or weak I was, I didn't know because I never tested it, and I was afraid to hit this kid, because I thought that if I hit him and it doesn't work, it's just going to piss him off. So maybe if I just dance around for a little bit he'll leave. What ended up happening was this guy just busted me in the face twice and it was the greatest thing that ever happened to me. He broke my nose and knocked me out. Fortunately, he and I were friends prior to the fight, so he walked away and didn't do anything else to me; he left and I remember the last words before passing out was one of my friends going "oh, he got you good!" All of a sudden, I remember the lights going out then getting back up then trying to figure out where the guy was, and I finally gave myself permission to go and everybody was like, "dude, he's gone." He left, had a sandwich, wrote a book. And that self awareness was learned that I can't wait until somebody hurts me to give myself permission to go.

It was such a good event, so too months after being hit like that, I had a broken nose and two black eyes; I looked like a raccoon. I remember saying to myself that I will never let this happen again, and it will never happen again. If this scenario ever presents itself again, I will never go through this again. I'd rather die than ever experience this kind of humiliation and embarrassment and shame on myself. I felt like I had let down God who has given me the ability to fight and protect myself and those around me, and what I just demonstrated was an example of weakness and lack of manliness. It was the greatest thing that ever happened to me because after that I wasn't going to lose a fight again. Well, I might lose, but you're coming with me. Campbell, tell us about one of yours:

CC: I know mine was a lot younger than high school, more like middle school. The kid was quite a bit older but lived on the same street but he jumped on my back and took a bungee cord around my neck and he was choking the life out of me. I basically broke a picket over his head. It was one of those things where he was a lot bigger, and I was a skinny kid. He was bigger and had that bully mentality of picking on littler kids, and it was pretty scary because I was being choked and I felt it was real. I guess I gained the environmental awareness; I grabbed whatever I could get because when someone is behind you, pulling you back like that, it's a very different position.

MJ: Except for Shockwave, I haven't seen any places that train how to get out of those positions. We will sit down- obviously in a controlled environment- and we'll actually start by putting a cord around their neck and use 10% power, and try to talk them through what they could do. Because it is about getting to that higher state of being comfortable there, and I know now that when somebody is trying to choke me from behind, one of the things that you learn is that when you panic, you'll go out faster. Your heart will start beating quicker, you'll start breathing faster, and then you'll need more oxygen to your brain because your

heart is beating faster, so you'll pass out quicker. You've got to learn how to relax in uncomfortable situations, and the only way to do that is to almost desensitize yourself to that kind of violence and fear.

Self awareness is the first awareness; the next part is environmental awareness. Let's talk about the environments: urban, rural, vehicular, and home. In your house, there are several things that you want to notice like where to place your weapons, and have opportunities that you can utilize wherever you're at. A lot of people want to put guns in every room of their house, but there's a rule to that: you need to make sure that it is easy for you to gain access to it, but hard for someone who is walking into your home to get access to that tool. There also shouldn't be five different guns in five different rooms. For example, having sixteen guns that are all different sounds really cool when you're standing at the bar talking with your buddies, but it's useless from a tactical operation standpoint. If someone, or a drug mafia cartel, is outside of my house, I need things that can work together and are interchangeable. I want to be able to yell to one of my buddies, "Hey, I need a mag," and they'll toss it to me and I don't have to worry about it not fitting my gun. You want stuff that you can use from a tactical scenario that is interchangeable.

You also need to make sure to keep firearms out of reach of your children and train them how to use firearms. I mean, if you have a big red button that says "don't push," what do you want to do? Push it. So if you want to tell your kids to stay away from guns, take them out shooting, and it'll scare them in a healthy way, because now you can explain what a gun does, but now we can respect it, and know it's a tool for defense. That's very important, because your whole family has to be involved in the process, and awareness isn't just your abilities as an individual but also in understanding your environmental conditions and what the people around you can accomplish.

For example, if you have a girlfriend or wife or children, you want to take them out and see how they respond around guns, and if they will actually fire the weapon or if they'll panic. It's good to know. I took my oldest daughter out shooting a little ways back, and she couldn't pull the trigger. Before that I took her out for the first time when she was three and she wanted nothing to do with it, but she got the point of not messing with guns. I took her out shooting again when she was seven or eight, and the same thing happened, but at least she has the respect for it, and I don't want to force it on her. I know that she won't do anything silly with it. I also know from the training exercises we've done that she knows how to rack it, put a magazine in, clear a malfunction, and focus on a target, but she still has a fear, although the best way a parent could make it fun for their children, but with responsibility.

We're going to look at some other tools that we can use in a home environment, which is by far one of the best areas of being a defense trainer. Kicking and fighting, it's fun, I like pushing the physical body, but I really like to stretch the psychological side as well. What gets forgotten when talking about home invasion is that people only want to talk about it to make themselves somewhat safe, but are too uncomfortable with the topic to prepare for the worst case scenario. We're going to look at the home defense tools, creativity and survival inside of home defense, and different places you can put weapons and how to strategize to make it safe for your family.

We need to discuss the difference between home invasion and burglary, and they are two different



animals. Burglary means that somebody wants to grab something then quickly get out; he probably won't get confrontational unless he feels like he's going to get caught. It's hard to tell when somebody is in your house whether they are a burglar or something worse, but you need to look at each situation as if it were to turn into a confrontation. If you look down at #4 here kinetic resistance training, the whole point behind that is whenever you are training, you must come to terms with the fact that you will have to put up with resistance. Resistance is real and in motion is real, so you can't pretend it'll go perfectly step by step the way you practice your kata in class. When this person comes into your house, it's going to get kinetic, and it'll have a tremendous amount of resistance, especially if this person isn't some random guy and maybe has been stalking you for weeks, like a tiger kidnapping after studying your habits and schedule and are going to yank you from your house, and they have people on the outside that will keep you from escaping. That is the big difference between home invasion and burglary is that there is violence and bad intent towards your well being; it's not just a property crime.

**Other Home Defense Tools**  
*Creativity In Survival*

**Home Invasion Vs. Burglary**

1. Home Invasion Vs. Burglary.
2. Lurking Variable's & Unforeseen Events: Phone lines cut/cell phone jammers, multiple opponents, power shut off, light bulbs unscrewed.
3. Conditions That Avoid Egress & Force The Bunker In Mentality
4. The KRTA: Kinetic Resistance Training Approach.
5. Probability: Likelihood Of Something Happening:

**Home Weapons Arrangements**

1. Places you are vulnerable.
2. Hard to get to for the opponent but easily assessable to you.
3. Use the limitations that they propose, as opportunities: Darkness, Your Turf, Lighter Fluid, If You Can't Call They Can't Call, etc.

Copyright Shockwave Defense™ LLC No Duplication Without Written Consent

What are some lurking variables that can change the game of a home invasion?

First off, if I were going to try and capture somebody, the first thing I'd want to do is make sure they don't have any communication with the outside world by either cutting their phone lines, or you can get online for under \$200 or \$150 and buy a phone jammer, which will jam your cell phone reception and you won't be able to call out. You might have multiple opponents, you might have cut power, or, the person may ring the doorbell to get you to the door, and you're so conditioned that you look through the peephole but you can't see because they unscrewed the light bulb. You have to take these into consideration, and you can't always assume that you can just run from the house. I've done conceal carry courses for a long time, and I've even participated in other people's courses, but they sit down and say that if somebody wants to get into your house and take your stuff, sneak out the window and call the police from another person's house.



That's not realistic, especially for those of us with kids; we're just supposed to crawl out a window, and call the police to get your kids? That makes you a terrible parent. There are times when you cannot escape and you have to stay there and bunker in and prepare to fight because if there are people outside trying to kidnap you and flush you out, you're just going to wind up dead, either way you can't be there to protect your family. You may have to take on the reality of fighting a home invader to the death; it's going to be aggressive and ugly. There's going to be screaming and violence, and you have to be prepared for it.

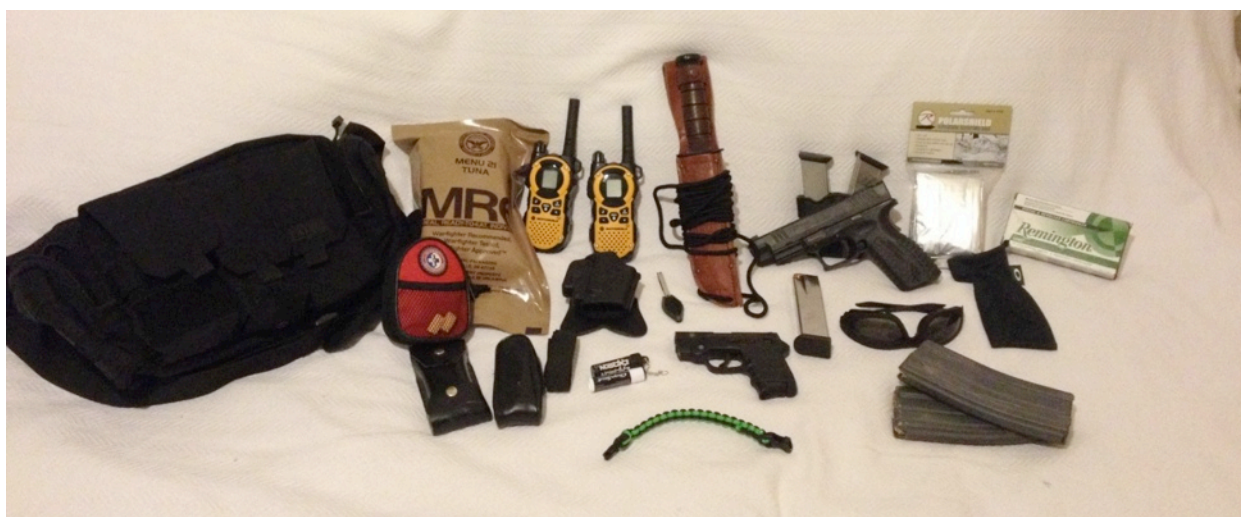
Now when we talk about things like this, it's always good to think about probability because there are no absolutes. I mentioned this in some of my other DVDs about self defense and probability asks: what is the most probable thing that can happen? Is it probable (for you) that sixteen men can invade your house and try to take you? Maybe not, however, is it probable (in general) that it could happen? If it's probable, then you prepare for the probability. The reality is if you can think it, somebody can as well, so you have to train against it. I would encourage you to make sure you place weapons inside your home where you are most vulnerable. Those areas of most vulnerability include places like inside of your shower, bathroom, etc, places where people typically wouldn't store weapons. Now this picture here is of a knife, and it's a set up that I have, and I took the clip that goes on your belt, hooked it onto my shower rack, and it works great.



In this next picture you can see where I took an L-shaped bracket, screwed it into the wall, put a screw on the bottom for the muzzle to sit on and also on the top so it doesn't flip the other direction. It's very easy, straight forward and fast.



Now we're going to look at a Go Kit, or a Go Bag, which is an opportunity to just grab and leave, or grab it and go to another room. I'm going to do other DVDs and go into detail on what to have in your bag, but in this one, because it's the foundations of awareness is very basic and isn't designed for that. Regardless, I'm going to do a quick overview of what you see in this Go Bag and I'll tell you why they're there.



Let's start with the top. There's a balaclava there; not because I'm planning on going on a ninja mission, although it'd be useful to have if I needed to do something along those lines, but what if you find yourself in a situation where it's cold outside? You need to keep your face and head. Obviously I have ammunition, multiple firearms, sunglasses... here in the right corner there's a trash bag that can be used to

store things, or you can cut a holes in the top and sides and use it as a rain coat. Down here at the bottom is chap-stick, q-tips, nail clippers, 550 cord, k-bar, 2 radios- one for me and one for someone else- an MRE incase I need to be bunkered in for awhile, and also a monocular. Between the radios and k-bar, there's a little flashlight that'll run for hours. There's a first aid kit, and the Go Bag as well as a container for the Go



Bag.

Now, if I just walk outside with a tactical bag and it looks like I'm going off to Somalia, it's not going to work if I'm trying to do this in a way that's clandestine. Therefore, make sure that your Go Bag can be contained by something like a power drill bag- it's small, doesn't attract a lot of attention, and I don't look like I'm getting ready to go to World War 3. I have everything I need in order to keep myself and those around me safe for several days.

Inside of awareness, you have to understand, especially with home invasion: this isn't a game. You have to prepare and have a plan. We're going to talk about fire drills and how to prepare these exercises for yourself and your family. It is so important to have that preplanning in mind, and understand that it'll get kinetic. In a few moments, when we talk about the rural environment, you're going to see again, why it's so important to preplan and ready to go.

For Information on The Full Foundation in Awareness DVD

CALL 505.554.3888