

Presentation outline (Resource Handout)

Book – Sheep No More, Johnathen Gillium ([Graphic](#)) Christine's book

Don't live in fear and don't be a victim,

Don't rely on others, be your own protector, develop the knowledge and skills.

### **Attacks:**

Premeditated – robbery, terrorism – hard to defend

Attacker already has an advantage – person/place targeted, planned in great detail, happens fast, element of surprise, probably has done it before

Spontaneous – usually an emotional reaction, road rage, bar fight, domestic violence

Can be recognized and avoided/deescalated

### **Situational Awareness/Defensive Awareness**

Attack avoidance much like accident avoidance, you have to see it coming. Heighted Awareness is a cognitive skill you can develop.

Develop Knowledge – Understanding – Experience

The more you know the more you will understand what you know

The more successful you will be at avoiding an attack all together

Develop your defensive awareness skill so you don't have to defend yourself

### **Color Codes:** Colonel Jeff Cooper

**White:** no perceived threat/unaware of your surroundings – condition of most victims and what most attackers look for.

**Yellow:** Aware but relaxed, any time in public, (like driving) (today could be the day) observing your environment – blind spots – crowds – low light areas – barriers – concealment – cover – escape route 360, know what's behind you. (today could be the day)

Transition zones (count People & cars)

**Orange:** identified a possible threat(s) – take preemptive action (stop, change direction (intercept), escape route, cover, prepare to defend), may feel a rush of adrenaline, deescalate if possible

**Red:** Identified threat – defensive action necessary, element of surprise is gone --Escape, take cover, or engage the threat (super high stress) train

**Black:** the aftermath of a defensive shooting (know the law)

**Amber:** concealed carry – invite discussion

### **Attack/defend Mindset:**

To defend an attack you need to understand the attacker – mindset, profile, motive, tactics, who why when where how

Attack and defend are flip-sides of the same coin

Football – offence and defense (imagine no defense) (good offense)

Defense takes planning just like an attack

Think about how an attack can be carried out against you, reverse engineer

Use that information to plan your defense – flip back and forth between attack and defend

Unplanned/untrained defense is merely a reaction – train to act

Attackers look for vulnerabilities they can exploit (white)

**Mindset** – predators, not remorseful, justify their actions as the right thing

**Who - Profile** – young male, can be anyone - even people you know 76% women/56%men – stranger 21% men/12% women 1/3 intimate partner

## **Why - Motives:**

Personal gain monetary – robbery – car jack

Emotional – road rage, domestic violence, excitement

Ego driven – sexual assault, bar fight, political violence

Do harm – mass shooting – serial killer, murder

Ideological – Terrorism, the worst, keep doing it

**When, where, how** – situational, depends on objectives,  
robbery or mass casualty, dark or lit, crowded or not

**How** - situational, probably armed, more than one

**Avenue of approach** – from a vehicle – come up fast

On foot from concealment or from behind or a blind spot - want to get close to  
minimize your reaction time

**Personal Protection Plan:** Keeps us safe physically, legally,

It helps mitigate risks, training helps you act instead of react

Evaluate current vulnerabilities, life style (jogging by yourself)

Assess your daily routines, routes of travel, frequently visited places,

Consider past encounters with threatening individuals (life experience)

Evaluate the people you interact with (crazy people)

Evaluate the security of your home – strength of doors and locks, secure  
windows, dark or lit,

Train for and practice emergency procedures (where, when, how)

Firearm proficiency

**Video of legal use of deadly force**