

STATES OF AWARENESS

THE COLOR CODES

This Color Code system was made famous by Col. Jeff Cooper, the acknowledged father of the Modern Pistol Technique. It's subsequent adoption by self defense trainers around the world was guaranteed because of it's simplicity. It's easily understood and taught.

White - Unaware, relaxed and unprepared. Everyone's in Condition White sometime during the day, particularly in your safe haven, your home. Examples of Condition White include when you're asleep, you're reading a newspaper or book, you're totally absorbed by a task. You're probably in Condition White right now while you're reading this article.

You're only hope is that your home security system, including your door and window locks, your dog, etc., alert you to an intrusion in time to allow you to prepare a defense.

Yellow – Aware, relaxed but alert. You're aware and paying attention to your surroundings; watching and listening.

This is the mindset you should adopt every day around your home and especially when you leave home. (*FBI statistics indicate 85% of all criminal attacks take place outside the home.*) This is perhaps one of the most difficult things to train yourself to do. When I say "Train", I mean just that. This is not a natural state like Condition White. Initially, it'll take conscious effort to achieve and maintain this stage of alertness. With sufficient practice, it'll come more naturally.

Orange – Alert. A noise, an unusual car in the neighborhood, a stranger, something just isn't right. Your attention is drawn to the "problem".

You trust your instincts. (*Don't you?*) Your ability to detect danger has been passed down in your DNA from the time of the cavemen. It a well known fact that women are more open to those "feelings" than men. Men....if your wife tells you something is wrong.....pay attention.

Time to mentally set up your decision points.

Red – Alarm. You know something is wrong and your mind goes into overdrive. Your body reacts instinctively to the threat by dumping adrenalin into your blood stream to prepare you for "Fight" or "Flight". Your eyesight becomes keener at long distance; your hearing becomes more attuned to your surroundings; your muscles tense, and more. Time to access your self defense tool and put your self defense pan in to effect. (*You do have a plan, don't you?*)

Learn more about the Color Codes, establishing decision points, self defense tools and techniques and more in our Personal Protection/Defensive Shooting Classes.

Heartland Training Team