

## Secrets of Situational Awareness: **Defuse Danger** Before It Strikes!

"For to win one hundred victories in one hundred battles is not the height of skill. To subdue the enemy without fighting is the height of skill" -- Sun Tzu, The Art of War

On Christmas Day, Northwest Airlines Flight 253, loaded with 289 passengers and crew, began its descent into Detroit. All seemed normal. Until suddenly, an alert passenger heard something that sounded like a "muffled pop". He looked over a few seats and saw a man acting strangely. Then he smelled smoke.

### Ready to Act

Without a moment's notice, the passenger climbed over other people and tackled a man who was igniting a bomb. The hero, Dutch passenger Jasper Schuringa, saved 289 lives and averted disaster. This was only made possible because he was alert, aware of his surroundings... and trusted his instincts.

In the next few pages, you're going to discover how to increase your awareness, preempt danger before it strikes and develop your "sixth sense". The goal, of course, is to be safe in any situation. And if trouble starts, you should be able to walk away safe and sound.

### Our #1 Tool of Survival

Animals use claws, teeth, venom and overwhelming power to defend themselves. We humans use our brains. It's our #1 tool of survival. And by far, the most important way to use your brain for self-defense is by exercising awareness. You must be aware of your surroundings at all times. When you develop "situational awareness", you'll stay one step ahead of attackers and other threats.

### The Four Color Codes of Awareness

Law enforcement and military experts break down states of awareness into four "color codes": White, Yellow, Orange and Red. I like to think of these as "rungs of readiness" that reveal how you should respond to a potential threat. Here's what each one means:

#### Condition White

In Condition White, you are unaware of your surroundings and lack attention. You may be day dreaming, talking on a cell phone or texting a friend. Basically, you're "in your own world". You may feel secure, but that may not be the



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case. This is the condition the average person is in most of time.

Problem is, bad guys like to catch people by surprise. The best way to do this is attack when a person is unaware – in other words, in Condition White. When a victim is interviewed after an attack, he or she often says things like, “He came out of nowhere” or “I didn’t even see the person who attacked me”. That’s a sure sign they were in the White state.

What to do in this state: This one is the simplest. Avoid being in this state – especially in public. When a bad guy sees that you’re aware of your surroundings, in many cases he will move on and seek an easier target. Instead of White, try to be in the...

## Condition Yellow

Yellow means “caution”. In this state you’re relaxed but alert. Your “radar” is switched on and you’re scanning the environment. Condition Yellow is the state Jasper Schuringa (the hero of flight 253) was in. This is why he was ready to act when he sensed something wasn’t right. In

condition Yellow, you will NOT be taken by surprise.

What to do in this state: Scan your environment and look for things out of the ordinary: suspicious people, vehicles out of place and especially what’s behind you (to avoid being surprised). When walking down the street, take mental notes. Ask yourself: “What is that guy doing wearing sunglasses at night?” or “Why is that person wearing a trenchcoat when it’s 90 degrees outside?”

When walking to your car, have your keys ready so you don’t have to fumble around. Check your back seat before getting in your car.

When you arrive home and unlock your front door, make sure it was not tampered with or ajar. If you hear a strange sound in the middle of the night, don’t assume it was “just the cat”. Carefully check it out. Better safe than sorry.

Finally, use your “Sixth Sense”. You already possess one, whether you realize it or not. Unfortunately, many people ignore their Sixth Sense. They think to themselves, “Why would

anybody want to hurt me?” or “This could *never* happen to me”. As a police detective recently said, “Trust your gut and if something doesn’t feel right, it usually isn’t.”

Strive to be in Condition Yellow at any given time. Keep in mind, however, that you do NOT have to go through life afraid or suspicious of everybody. That’s not the point. There is a balance to be struck. Strike the right balance and you can stay clear of most trouble. If you DO, however, detect something’s amiss, you can move into...

## Condition Orange

This means you are in danger. A threat exists. For example: It’s late at night and you’re walking back to your car in a distant corner of a parking garage. You have the feeling you’re being watched. Then you notice four young men watching you and whispering to each other.

Or you’re walking home from school and a car slowly pulls over.

In other cases, it may be more general. You may simply be driving through a bad part of town. Orange occurs when there is the possibility of danger - whether or not you have identified it yet.

In this state your awareness kicks up and you notice more detail: “Why is this person approaching me?” or “Why is he reaching in his pocket?”.

Your body also becomes more sensitive. You feel people get closer to you without seeing it. The hair on the back of your neck might start to stand up. Your hearing gets better. All your senses heighten.



(By the way, a very dangerous tip-off is when somebody looks you up and down and “sizes you up”).)



What to Do in Condition Orange: You do your thinking in this stage so when you're ready to act, you don't have to think. While you don't need to act immediately, be ready and prepared. Focus on the threat then devise a plan. Ask yourself, “Can I escape? Are there any clear exits? Are there other people around I can alert if trouble breaks out? Or is my only choice to defend myself?”

Once you've made your decision, you then create a mental “line in the sand”. When this line is crossed you snap your plan into action. You know exactly what you're going to do without hesitation or indecision.

## Condition Red

Condition Red means you are IN conflict. Your “line in the sand” has been crossed and you are ready to defend yourself OR you're now taking action against a specific threat. You may only have seconds to act. That's why it's so critical to have your plan in place.

As your instructor, I hope you never find yourself in this state. If you follow my tips on managing your lower states of awareness, you may never end up in

Red. Even so, here are some general tips on how to manage this state:

## Fight, Flight or Freeze

People have three responses to big-time stress: freeze, flight or fight. Most people panic and freeze because they were caught by surprise. If this happens, mentally snap yourself out of this reaction. Focus on the now - not what just happened. Stay relaxed and BREATHE. In Condition Red, tunnel vision can set in. If that happens, force yourself to look around and use your peripheral vision.

Then use your adrenaline to act on your plan. Your best option is always to escape the danger if possible. Run if you have to. Many people think “I'm too tough to move”. Don't be afraid to give ground and don't ever push a bad position. There's no reason to stand and defend yourself if you can get away. On the other hand, if your only option is to defend yourself, do so quickly and decisively. And never, ever lose your temper. Anger makes you blind.

Next, work your way from the most immediate threat to the lesser threats. In other words, take out the big guy first. This may be enough to convince the others you mean business.

In class we go over specific self-defense techniques for a variety of situations. Practice them. And always use a level of force that's necessary. For example, there's no reason to throw a side kick to the head if someone merely pushed you.

Finally, remember this: You can panic on the inside but remain still and calm on the outside. This is one of the big benefits of martial arts training – remaining calm in the face of conflict.

## Summary:

Those are the four stages or “conditions” of awareness. During your daily activities, you'll probably never move past Yellow. But if you do see something that isn't right, now you know what to do: Start in yellow and if you see a threat, move into Orange. Then back down to Yellow after the threat subsides. If you stay alert, you may never have to move into Red - ever. That's the goal! Don't be afraid of the world. Just stay safe, stay alert and trust your instincts! And most of all, keep on training. There is no replacement for the knowledge you receive here! -- Ms. Casey



# February 2010 Student of the Month!

## Sierra Spinder! Demonstrating Courtesy!



Sierra Spinder  
Feb 2010 Student  
of the Month

This month we focus on the life skill of courtesy. As all martial artists know, courtesy forms the basis for respect and honor. So this month, I'd like to showcase a student who demonstrates great courtesy both inside as well as outside our academy. Her name is Sierra Spinder and she's my choice for Student of the Month for February 2010! Here are some of the ways Ms. Spinder demonstrates courtesy:

- 1.) Always willing to help other students in her class
- 2.) Answers up in class
- 3.) Shows respect to her parents

These are all perfect examples of courtesy. You can work on demonstrating courtesy in these areas, too!

Here are some other interesting facts about Sierra that you may not know:

- Joined our academy back in 2008 and is now a brown belt
- Her favorite subjects in school are Math and Science.
- Her favorite ice cream is Chocolate Devotion from Cold Stone !!!!!

Let's congratulate Sierra Spinder on being chosen as Casey's ATA Black Belt Academy Student of the Month for February 2010!

## Ask-the-Expert: Questions and Answers

**Question:** Is martial arts good for kids aged three to six?

**Answer:** Yes! Martial arts offers unique benefits for children as young as three years old. And, like any skill, the earlier a child starts, better. Here are five ways martial arts helps your younger child's development:

- 1.) **Develops Focus and Discipline** – Martial arts is a great outlet for excess energy. It's also a great way to teach kids to pay attention, focus and listen to directions.
- 2.) **Helps Motor Skills** – Martial arts helps develop fine and gross motor skills in children. This is done through repetitive techniques, complex movements and regular exercise.
- 3.) **Develops Confidence** – By starting martial arts at an early age, confidence develops quickly. Kids learn

their own potential ("I can do it!") and quickly build their sense of self-esteem and self-worth.

- 4.) **Teaches Respect and Courtesy** – By taking regular martial arts classes, younger children learn the twin values of respect and courtesy. They learn how to treat adults and others with respect.
- 5.) **Instills Perseverance** – Finally, early martial arts instruction instills the value of perseverance. This pays off in school, homework and other areas of a child's life.

**Bottom line:** the younger a child starts martial arts, the more these benefits become habits in that child's life! Three years old is a great time to start!

## Feb 2010 Calendar of Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	Family Fun Night 6-8 pm	20
21	22	23	24	25	26	27
28						

## Special Announcements – Please Read!

This is a good place to put special announcements such as: new website information, a request for emails, and upcoming events like tournaments.

It's also a great place to put SPONSORS! Have you sold anybody on sponsoring your newsletter yet? If not, you're missing a fantastic opportunity to "enroll" local businesses on a relationship with your school!

The best place to look for sponsors is YOUR OWN customer list. In other words, PARENTS with businesses or professions whose children attend your school. You have enough room to fit two business card-sized ads to the right of this column.

You could easily pay for any printing costs you have with the newsletter! Get a few more and print them on an insert (single page) and slide it inside the newsletter.



# Hey, Parents!

## Announcing "FAMILY FUN NIGHT!"

If you've ever wanted a break WITH your kids , this is your chance. Yes, we're hosting another...

### "FAMILY FUN NIGHT!"

This is an action-packed evening of activities for your child...and their buddies! Here's how it works: You and your child can arrive at 6pm here at our academy. We'll have board games, serve popcorn, watch Kung Fu Panda and other fun activities.

Here are all the details:

Date: Friday, February 19, 2010

Times: From 6 PM - 8PM

Ages: 3 yrs-up

Price: FREE

NOTE: To enroll, see me to secure your child's spot. If you bring a buddy, we need the buddy name, parent's

name and phone number or e-mail address. And act fast! We limit the number of kids to insure fun and safety. Slots will fill up quickly! See me NOW or call (304) 282-1664 to get registered.



## Student Birthdays

2/1 Connie Covington  
2/2 Briana Woody  
2/4 James Reccardi  
2/5 Alex Hunter  
2/5 Madison Lambert  
2/6 Luke Proctor  
2/6 Willie Weems  
2/8 Zach Lambert  
2/9 Bekah McDilda  
2/9 Abby Fahay  
2/10 Alexis Whistner  
2/11 Sarah Rajjoub  
2/11 Derrika King  
2/12 Daniel Clouse  
2/14 Cambria West  
2/14 Aaron Sine  
2/16 Emily Bennett  
2/20 Roy Echard  
2/26 Connor Nevin  
2/27 Grant Harvey

Let's wish all the birthday students a warm and happy birthday!

Ms. Casey

## New and Upgrading Students

### NEW MEMBERS:

Washington Roets  
Janet Pratt  
Bailey Jackson  
Joey Jackson  
Phillip Jackson  
Alex Kokosko  
Brody Kehrer  
Sawyer Rudy  
Aaron Schoenfeldt  
Ashley Schoenfeldt  
Yusuf Mirza

Scott Troutman  
Lauren Feierstadt  
Julie Haynes  
Aidan Paulsen  
Nathan Paulsen  
Sarah Post  
Cameron Ross  
Alexis Zirkle

### BLACK BELT CLUB UPGRADES:

Chris Bozzato  
Joshua Gervais  
Julia Johnson  
Kelley Brooks  
Evan Mellett  
Calla Rieger  
Daniel Woods  
Jeffrey Lindsey  
Tammy Huber

Daniel Clouse  
Liam Moore  
Alex Rajjoub  
Benjamin Wood

Welcome to all new members as well as upgrading members!

It's time for... **TAEKWONDO TRIVIA**  
Test Your Martial Arts Knowledge...and Win!

Student Name \_\_\_\_\_

According to the main article:

1.) Condition Orange means...

- a.) An attack is happening NOW
- b.) Consistency in your actions
- c.) You're not aware or paying attention
- d.) There is danger
- e.) None of the above

2.) Condition Yellow means...

- a.) You are planning your moves
- b.) You are alert and scanning your environment
- c.) You are unafraid and confident
- d.) All of the above

3.) Condition Red means...

- a.) You are engaged in conflict
- b.) You think about what to do – escape? Fight?
- c.) You create a mental “line in the sand”
- d.) All of the above
- e.) None of the above

4.) Most victims of violence are attacked in Condition...

- a.) White
- b.) Yellow
- c.) Orange
- d.) Red
- e.) Black

5.) Jasper Schuringa was in \_\_\_\_\_ Condition on Flight 253:

- a.) Black
- b.) Yellow
- c.) Red
- d.) Orange
- e.) None of the above

Don't forget! Any student who answers all the questions correctly (without help from an adult) wins a \$5 Karate Dollar towards their next testing, something from the pro shop or tuition! (Note: one Karate dollar per purchase, please).

## Referral Reward Program

I'd like to thank those of you who have participated in the Student Referral Program! Marketing for new students costs us tons of time, money and energy. Like any business, we need new students to stay in business. Over the years we have found that looking for new students takes away from the time we would rather be spending with you and for you and teaching other students!

If I've already helped you or your child with martial arts instruction, then you know how well I serve my students. When you refer your friends and relatives to us, everybody benefits. We can serve you and your kids better. You receive a nice gift. And we assure that we'll take the very best care of any friends or family that you refer our way! For more information about our referral reward program,

just give us a call at: (304) 282-1664. It's a great program where, as our way of saying “thanks”, we send you a token of our appreciation for recommending us!

Also: If you would like any of your friends, coworkers, relatives, business acquaintances, etc. to receive a FREE subscription to this newsletter, please call me at the same number: (304) 282-1664. We'll also send them a note with their first issue telling them that you suggested they receive this newsletter, and to contact us if they would like it to stop at any time. If you enjoy this newsletter, share it with people you know, with no hassle for you!

Special February 2010 Family Fun Night!

# Hey, Parents!

## FAMILY FUN NIGHT

If you need a night out with the kids – then listen up! This month our academy is hosting a very special “Family Fun Night” on February 19<sup>th</sup> 6-8 pm. You and your kids come by our academy at around 6 PM until 8:00 PM. We’ll have snacks, organize games, show them an appropriate movie.

**Family Fun Night 2010 – Your Chance to “Bond” with your family!**  
(Get your name on the signup form NOW – spots will go fast!)

Special February 2010 Family Fun Night!

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