



DISCLAIMER: READ BEFORE YOU TRAIN



This guide is for **educational purposes only**. The workouts, drills, and self-defense strategies are based on decades of real-world experience, but they are not a substitute for medical advice, legal counsel or certified instruction.

Train smart: Know your body. Modify as needed.

Know your limits: Don't trade ego for injury.

Follow the law: You are responsible for staying legal in your area.

By using this material, you accept full responsibility for your safety, choices, and actions.

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Train hard. Stay sharp. Defend what matters.

DEFEND YOURSELF

A Real-World Guide to Staying Safe and Sharp

For adults who have had enough of feeling exposed, unprepared or powerless. This isn't theory. It's not sport.

It's a no-fluff, real-world system to help you take control of your safety, your environment and your mindset.

Because in the real world...

No one's coming. You are the First Response.

CHAPTER 1: THE URBAN MINDSET SHIFT

Before you throw a punch, you train your mind.

Survivors don't wait...they anticipate. They read the room. They respond before others even know there is danger. This chapter rewires how you see the world.

Checklist: Build the Urban Defender's Mindset

This section is about rewiring how you move through the world.

Your greatest asset in personal safety isn't your strength...it's your awareness.

These four steps will sharpen your instincts, reduce reaction time and help you stay one step ahead of danger.

1. Identify 3 Daily Routines Where You are Most Vulnerable

Instructions:

List three recurring moments in your day where you are exposed, distracted or predictable.

Examples:

- → Pumping gas at night
- Getting in/out of your car in a parking lot
- → Walking to the office or gym with headphones in
- → Waiting at a bus stop with your back to the street

How:

Write them down. Be honest. These are your weak points. Your attacker is counting on you not paying attention here.

Why it matters:

Predictable = vulnerable. If you don't know your danger zones, you can't defend them. This step makes you proactive instead of reactive.

2. Practice Full-Circle Awareness During Your Commute

Instructions:

Whether you are walking, biking or driving...stay alert. Every 10–15 seconds, take stock of:

- What's behind you
- Who's approaching from your blind side
- Vehicles pacing or following you
- Unusual behaviors or changes in rhythm (crowd shifts, loitering, sudden silence)

How:

Think **360° awareness...**not just tunnel vision ahead. Use mirrors. Turn your head. Train your neck to swivel like a turret.

Why it matters:

Predators look for distracted people. **Awareness makes you a hard target.** This habit alone can prevent an attack before it starts.

3. Memorize the 5-Second Threat Assessment Method

Instructions:

Use this lightning-fast formula when your gut pings or something feels off:

WHO + WHAT + WHERE = THREAT LEVEL

- WHO is around me? (Are they acting normal or sketchy?)
- WHAT are they doing? (Hands visible? Closed body language? Following?)
- WHERE am I? (Well-lit? Escape routes? Choke points?)

How:

Run this assessment in your head in under 5 seconds.

Do it often until it becomes automatic...at ATMs, gas stations, parking garages, elevators.

Why it matters:

In real-world situations, you don't get time to think...you only get time to react. This formula helps your brain triage fast and take control of the moment before panic sets in.

4. Run Mental Drills: "What If a Threat Emerged at a Red Light?"

Instructions:

Pick 2–3 situations you encounter every day. Ask yourself:

- ➡ If someone approached my car right now, what would I do?
- Where is my nearest exit or escape route?
- **⇒** Is my phone accessible? My seatbelt off?
- ⇒ Can I drive off? Reverse? Use my horn as a tool?

Then **visualize your action**, step by step.

How:

Don't just think...rehearse mentally. Picture your hand reaching the lock. Your eyes scanning mirrors. Your car swerving into the escape lane.

Why it matters:

Mental reps = **faster real-life action**.

When the adrenaline dump hits, your mind won't "figure it out" it will follow the script you have practiced. Most people freeze because they have never run the scene in their head.

Final Word on the Drill

This checklist builds the foundation of your personal safety system. It's not just about reacting...it's about training your eyes, your instincts and your decision-making to work under stress.

Do this daily, and you will start to move differently.

You will scan differently.

And when danger shows up, you will already be ahead of it.

"You don't need to live paranoid...just prepared. And preparation starts in the mind."

BONUS DRILL: Color Code Awareness Walk

This drill sharpens your situational awareness by training you to shift mental states based on your surroundings...just like a professional protector.

As you walk through public spaces, consciously cycle through the four color codes:

- White: Unaware: Head down, distracted. This state is off-limits. You are a soft target here.
- Yellow: Calm Alertness: You are relaxed but aware. Scanning your environment casually. This is your new default.
- **Orange: Potential Threat:** Something doesn't feel right. You have noticed a person, movement or behavior that needs your attention.
- Red: Time to Act: Immediate danger. You are ready to move, defend or escape.

Practice this until it becomes second nature...awareness is your first and most important line of defense.

CHAPTER 2: PHYSICAL READINESS...TRAIN FOR REALITY

This isn't about gym mirrors.

This is about functional strength, movement under pressure and readiness to run, fight or recover.

Checklist:

- ✓ Complete 3 strength tests: push-ups, pull-ups, squats
- ✓ Sprint stairs or hills once per week
- ✓ Shadowbox for 3 minutes while fatigued
- ✓ Grip test: Can you dead-hang for 30 seconds or more?

Drill Overview: The Urban Gauntlet

Train how you move when it matters.

The **Urban Gauntlet** is a real-world physical readiness drill designed to simulate the movements you might need in an actual emergency...when adrenaline is high, time is short and the environment is working against you.

This isn't about aesthetics.

This is about **functional strength** and **street-level movement...**how you carry weight, move through cluttered spaces, fall and recover and sprint when you have to run for your life.

Drill Breakdown

Create a circuit using everyday obstacles and items:

- Heavy Carry: Use groceries, water jugs or a loaded backpack. Build grip, core and stamina.
- **Obstacle Step-Over:** Curbs, benches or low rails. Mimic urban clutter and uneven terrain.
- Controlled Fall & Get-Up: Practice hitting the ground and getting back on your feet with speed and control.

20-Yard Sprint: Push hard. Simulate an explosive escape...because survival sometimes comes down to seconds.

Why This Drill Matters



In a real emergency...a mugging, an assault, an active threat, you won't have time to "warm up" or find a flat, well-lit surface. You will have to move with weight, react fast, get up when you are down and escape under stress.

The Urban Gauntlet conditions your body to perform under pressure, in chaotic environments, with real-world movement. It's not just a workout...it's survival training.

Train it regularly. Time yourself. Push harder.

Because when the moment comes, your body won't rise to the occasion...it will fall back on this.

CHAPTER 3: REAL-LIFE SELF-DEFENSE

This isn't sport. This isn't theory.

This is what you do when there is no referee, no warning and no room for hesitation.

Forget the flashy wrist locks and choreographed moves. **Real violence is fast, messy and unpredictable.**

You don't rise to the level of your YouTube knowledge...you fall to the level of your conditioning and mindset.

That's why you need simple, instinctive tools that actually hold up when adrenaline dumps, fear spikes and chaos explodes.

This chapter is about giving you that edge...the one that turns hesitation into action and action into survival.

Checklist: The Foundations of Real Self-Defense

1. Identify Your Dominant Hand and Strike

- Are you right- or left-dominant?
- What strike comes out naturally under pressure...palm strike, elbow, knee?
 This becomes your go-to "first strike"...train it until it's automatic.

Why:

In a real fight, fine motor skills fail. You will fall back on what's strong, simple and trained. Know your weapon.

2. Practice Palm Strikes and Elbows on Pads

- Start with slow, accurate reps.
- Increase speed and power under fatigue.
- Focus on targeting (jawline, nose, sternum).
- Practice combinations: $Palm \rightarrow Elbow \rightarrow Push \ Off \rightarrow Escape$.

Why:

These tools work regardless of size or strength. You don't need a Black Belt...just proper form and pressure-tested reps.

3. Study Real Fight Footage to Learn Body Language

- Watch real altercations (street fights, CCTV, body cam footage).
- Look for **pre-assault cues**: flaring nostrils, shifting weight, glancing around, verbal threats.
- Watch how fast it goes from verbal to violent.

Why:

You don't need to guess when a fight is about to happen...most people telegraph it. Train your eyes to catch the signs.

Drill: Verbal Command Reps

The first strike is often **verbal**. The right words...said with the right posture and tone, can stop a fight before it starts.

Instructions:

- Stand in front of a mirror.
- Use a commanding, low voice.
- Practice these phrases until they come out with authority and presence:

- Watch your facial expression, body language and eye contact.
- Rehearse posture: shoulders back, feet rooted, one hand up (non-threatening but ready).
- Optional: Record yourself and review.

Why:

Most attackers test your resolve before they strike. If you can project strength and conviction early, you might never have to throw a punch.

[&]quot;Back off."

[&]quot;I don't want trouble."

[&]quot;Leave. Now."

BONUS: FREE VIDEO TRAINING COURSES

Don't just read about it...train it.

We have created a **FREE online video library** to help you develop the real-world self-defense skills that actually matter.

Inside the FREE Training Vault:

- ✓ Strike Mechanics 101: How to hit hard without hurting your hands
- ✓ Verbal Defense Tactics: Command voice, posture and de-escalation strategies
- ✓ Target Zones for Maximum Impact
- √ Street-Ready Combos (Palm–Elbow–Escape)
- ✓ Adrenaline Training: How to move under fear and stress

Access it all right now:

REAL SELF DEFENSE SERIES #1

No cost. No fluff. Just proven, pressure-tested tactics you can start using immediately.

Because when it's real...when the threat is inches away you won't rise to the occasion...
You will fall back on what you have trained.

Train now. Live ready. **Defend Yourself.**

CHAPTER 4: NAVIGATING THE URBAN WILD

Cities are crowded, loud and unpredictable.

You don't stroll through the urban jungle...you move through it like a trained operator.

Whether it's a busy street, a mall, a parking garage or a subway platform, danger doesn't always look obvious. Predators scan for the unaware. Your edge comes from how you move, what you notice and how fast you can pivot.

This chapter teaches you how to read your terrain like a professional protector.

Checklist: Situational Control in Crowded Environments

1. Walk into 3 Buildings...Find All Exits Within 10 Seconds Instructions:

Enter a grocery store, coffee shop or department store. Start a timer in your head the moment you walk in.

- Scan for emergency exits, staff-only doors and back hallways.
- Note obstacles: displays, racks or clutter that could block a path.

Why:

In a real emergency (shooting, fire, active threat), your survival depends on **how fast** you can escape...and if you even know where to go.

2. Identify Blind Spots and Choke Points on Your Daily Routes Instructions:

Walk or drive your regular paths and take mental notes:

- Are there tight alleyways, narrow stairwells or fenced-in areas?
- Is there poor lighting, limited visibility or blocked escape routes?

Mark **2–3** of these areas in your mind or on your phone.

Why:

Criminals don't attack at random. They pick **locations** where you are least likely to see it coming or get away. Knowing where You are most at risk lets you stay one step ahead.

3. Practice Scanning Crowds for Hands, Eyes and Movement Instructions:

As you walk through malls, events, or crowded sidewalks:

- Focus on people's hands...are they hidden? Holding something?
- Watch their eyes...are they locked onto someone (or you)?
- Notice pace and posture...someone walking slower than the crowd or matching your speed might be tracking.

Why:

Hands do the damage. Eyes reveal intent. Movement gives it away.

You are not people-watching...you are threat-detecting.

4. Learn to Navigate Using a Map App Without GPS Instructions:

Turn off your phone's location/GPS.

- Practice orienting yourself using landmarks and compass directions.
- Use Google Maps or Apple Maps in "manual" mode to plot routes.
- Navigate 2–3 short distances without turn-by-turn guidance.

Why:

If a crisis cuts your signal or your phone dies, you need to know how to **read your city like a map**, not a menu.

Drill: The Shadow Walk

Train your sixth sense. Learn to detect when You are being followed.

This drill simulates a real-world surveillance or stalking scenario. It sharpens your environmental awareness, spatial sensitivity and instinctual radar...all of which are essential to avoiding ambushes or unwanted approaches.

Part 1: You are the Target

Instructions:

- 1. Choose a busy area like a city block, parking lot or shopping center.
- 2. Have a trusted partner follow you **discreetly...**blending into the environment, keeping a variable distance and occasionally closing in.
- 3. Your job: continue your walk naturally while scanning reflections, monitoring pace shifts and using peripheral awareness.
- 4. If you suspect You are being followed:
 - Cross the street.
 - Change direction.
 - Stop and observe a reflection (store window, glass door).
 - Enter a store or public building with visibility and exits.
 - If confirmed, confront, flee or prepare to act (depending on the scenario).

Part 2: You are the Shadow

Instructions:

Now switch roles.

- You follow your partner discreetly for 5–10 minutes.
- Vary your path. Blend with crowds. Keep partial visual contact while avoiding lineof-sight exposure.
- Try to "lose" your presence without vanishing...make them question, not confirm.

Why This Drill Works:

Predators stalk. Good guys don't. This drill builds the awareness to sense danger before it closes the gap.

It also teaches **how to break a tail** and navigate unpredictably...a critical skill in crisis scenarios like abduction attempts, stalking or coordinated attacks.

BONUS PRO TIPS FOR URBAN NAVIGATION

- Always identify two exits when you enter any room or building.
- Sit facing the door in cafes or restaurants when possible.
- Walk with purpose...even if you are lost.
- Use reflective surfaces (storefronts, car windows) to scan behind you.
- In parking garages, check the back seat before entering your vehicle.
- Avoid walking while on your phone or at least keep your head up and eyes moving.

Final Word on the Urban Wild

Cities are full of opportunity...and danger.

You don't need to live in fear... but you do need to move with precision, confidence and eyes wide open.

Because when something feels off, it probably is.

And the person who's trained to notice... is the one who makes it home.

Stay sharp. Stay aware.

Defend yourself.

CHAPTER 5: THE CONTROLLED HOME

Your home isn't just where you relax...it's where you hold the line.

Too many people treat their homes like fortresses in theory... but not in practice.

Doors left unlocked. Lights burned out. Emergency plans that don't exist.

But if someone kicks in your door at 2:13 AM, you don't get time to think...only time to act.

This chapter is about transforming your home into a **defensible space**, where every second is accounted for, every tool is in reach and every member of your household knows exactly what to do.

Checklist: Turn Your Home Into a Fortress

1. Audit and Reinforce Door and Window Locks Instructions:

- Check every door and window in your home.
- ✓ Are the locks solid? Deadbolts installed? Can they be popped with a card or tool?
- ✓ Upgrade cheap locks with high-quality deadbolts and strike plates (3" screws minimum).
- ✓ Reinforce sliding glass doors with a rod or floor bar.

Why it matters:

Most break-ins happen in under 60 seconds. A solid lock isn't just a deterrent...it's the delay you need to respond, arm yourself and protect your family.

2. Create a Safe Room Plan Instructions:

- Choose one room in your home (preferably with a locking door and minimal windows).
- Stock it with:
 - Flashlight
 - Charged phone or burner

- First aid kit
- Self-defense tool (legal to your area)
- Portable charger
- Bottled water
- Everyone in the home should know:
 - Where the safe room is
 - How to get there fast
 - What to do once inside

Why it matters:

In a home invasion, you are not clearing rooms like a SWAT team. You are securing your family, calling for help and creating a defensible position. **This room is your fallback and final stand.**

3. Practice Accessing a Flashlight at Night...Time Yourself Instructions:

- Turn off all lights in your bedroom.
- Set a timer.
- On GO, locate your flashlight (should be in the same spot every night...bedside or clipped).
- Turn it on and aim at the door.

Goal:

Under 5 seconds. Do this regularly until it's automatic.

Why it matters:

In real-life break-ins, confusion and darkness are the enemy. Light is your advantage, not just for vision, but to blind, distract or identify threats.

4. Create a Hard Corner Hiding Spot

Instructions:

In each room, identify a "hard corner" a location that:

- Is not visible from the door
- Provides cover or concealment
- Allows you to observe the doorway
- Can be used to stage a defensive response if needed

Bonus: Stack furniture or create barriers that buy time or provide concealment.

Why it matters:

If you can't escape, you need to **hide smart**. Most people pick corners or closets that are visible from the entrance. A proper hard corner **keeps you out of the line of sight** until you are ready to act.

Drill: Silent Home Invasion Rehearsal

2 minutes. No noise. No delay. Just action.

This is your **dry run** for the moment you pray never comes...but train like it will. It conditions your body and brain to respond without hesitation.

How to Run the Drill:

1. Set the scene:

- Lights off. Phones away. Family in bed or assigned "night" positions.
- Use a timer or signal (text, knock, alarm) to simulate a sudden break-in.

2. Go silent. Move fast. Your goal is to:

- ✓ Grab flashlight or weapon
- ✓ Wake family members quickly but quietly
- ✓ Move everyone to the safe zone (your designated safe room)
- ✓ Lock down and call for help
- ✓ Get into position…light off, defense tool ready, phone on standby

Time Goal:

Under 2 minutes. Repeat weekly until it's automatic.

Visual Guide: Home Defense Zones

Break your home into three zones:

1. ENTRY (Delay Zone):

- Locked doors, reinforced frames, alarms, motion lights.
- Designed to **slow entry** and **buy reaction time**.

2. **DELAY (Obstacle Zone)**:

- Furniture, stairwells, locked interior doors, distractions.
- These stall the intruder while you move.

3. **DEFEND (Final Stand Zone):**

- The safe room. The fallback. The controlled space where you **hold the line**.
- Prepped with tools, visibility and communication.

Bonus Mental Reframe:

You are **not paranoid** for preparing.

You are **responsible** for training.

The time to build your plan is not during the break-in...it's right now.

When chaos comes to your front door, you don't have time to decide.

You either have a plan...or you freeze. And freezing costs lives.

Train it now. Practice it often.
Your family's survival may depend on it.
Welcome to the Controlled Home.
This is where you hold the line.

CHAPTER 6: TECH, TACTICS & MODERN THREATS

You could be the strongest, most alert person in the world and still lose the fight before it starts if your **digital footprint exposes your life**.

Today's predators don't need to follow you to learn your routines.

They follow your posts. Your location. Your metadata.

If someone can learn where you live, where you go and who you are with just by scrolling or searching...you have already lost the element of surprise.

That's why digital defense IS physical defense.

This chapter upgrades your tech habits to keep you invisible to threats, while still moving through the modern world.

Checklist: Digital Defense Protocols

1. Use Long, Unique Passwords for All Key Accounts Instructions:

- Create strong passwords with 12+ characters using a mix of letters, numbers and symbols.
- Never reuse passwords across platforms (especially for banking, email or social media).
- Use a reputable password manager (like LastPass, Bitwarden, or 1Password).

Why it matters:

Most hackers don't crack passwords...they **steal reused ones**. A long, unique password makes brute-force attacks and data leaks useless against you.

2. Turn Off Bluetooth and Location Sharing by Default Instructions:

- Turn off Bluetooth and GPS unless actively using them.
- Disable background location tracking in apps like Instagram, Facebook, Snapchat and Google.
- Avoid posting real-time location updates.

Why it matters:

Bluetooth and GPS signals can be exploited to track your physical location...in parking lots, public spaces or even at home. Disabling them makes you harder to follow or spoof.

3. Enable Two-Factor Authentication (2FA) Instructions:

- Go into the security settings of your major apps (email, social, banking) and enable 2FA.
- Use an **authentication app** (like Authy or Google Authenticator) instead of just SMS codes when possible.

Why it matters:

Even if someone gets your password, they **can't log in without your secondary approval.** This one step blocks most hacks cold.

4. Disable Facial Recognition on All Public-Facing Apps Instructions:

- Turn off facial login on apps like Facebook, TikTok and Instagram.
- Opt for passcodes or biometric logins that don't expose your face.

Why it matters:

Facial data is stored, scanned, and sometimes shared and in public videos, it can be cross-referenced. **Don't train facial recognition systems to know your every angle.**

Drill: Digital Footprint Check

What does the internet say about you? Time to find out.

How to Run the Drill:

Step 1: Google Yourself

- Use your full name, location, usernames and old email handles.
- Check images, blog posts, social media profiles, public directories.
- Run multiple searches in incognito mode.

Step 2: Look Like a Stalker Would

- What can you find out about yourself in under 5 minutes?
- Home address? Family members? Places you frequent? Job info?
- Could someone know your kids' names? Your gym? Your car?

Step 3: Lock It Down

- Delete old accounts and exposed bios.
- Tighten privacy settings on all social platforms.
- Remove or hide tagged photos that reveal your habits or routines.
- Opt out of public people-finder databases (like Spokeo, Whitepages, BeenVerified).

Bonus Tip:

Create **dummy accounts** to observe how much of your profile is visible to strangers.

Visual: Digital Profile Comparison

EXPOSED PROFILE:

- Public photos with house numbers, work badges, kids in school uniforms
- Location-tagged selfies
- Friends lists and family connections
- Birthday, workplace, daily schedule

SECURED PROFILE:

- No location or routine exposure
- Private accounts with strict audience filters
- No real-time posts
- Controlled contact and metadata footprint
- VPN + Secure browser habits

Final Word on Digital Defense

You might never see the threat that found you through your phone. You might never hear the click of the screenshot they took of your location tag.

But if you think it can't happen to you, you are exactly the kind of person it happens to.

Digital self-defense isn't optional. It's part of modern survival.

So treat your phone like a weapon.

Train how you post. Audit how you show up.

And remember: the less they know, the safer you are.

Control your data. Control your footprint.

Defend yourself.

CHAPTER 7: EMERGENCY SITUATIONS

Fires. Riots. Flash floods. Tech blackouts.

These aren't Hollywood plots.

They happen in real life...often without warning, in the middle of your ordinary day.

The moment it happens, the rules change.

You are not operating on convenience or comfort anymore. You are operating on instinct, speed and clarity under pressure.

If you freeze... you lose.

If you have prepared...you move.

This chapter is about building a **rapid-response mindset** and a physical plan so that when chaos strikes, you **don't panic... you act.**

Checklist: Emergency Readiness Essentials

1. Build a Go-Bag

Your go-bag is your emergency exfil kit...built for fast mobility and short-term survival.

Instructions:

Use a backpack or sling bag you can grab in under 10 seconds. Stock it with:

- Water (2 bottles minimum or a water filter straw)
- Flashlight + spare batteries or rechargeable headlamp
- First aid kit (include trauma pads, gloves, tourniquet if trained)
- Multi-tool or folding knife
- External phone battery + charging cable
- Copies of ID, insurance and emergency contacts
- Small cash stash (in case ATMs are down)

Keep it in:

Home: near your exit or under your bed

Car: trunk or under seat

Workplace: locker or desk drawer

Why:

When the lights go out or the streets erupt, **you won't have time to pack.** You will need to move fast, with what you can carry.

2. Memorize 3 Emergency Contacts

Instructions:

- Choose 3 people: one local, one out-of-area and one family contact.
- Memorize their phone numbers and store them on a laminated card in your wallet, phone case and go-bag.

Why:

If your phone dies, gets lost, or network service drops, you will need to call from someone else's phone and scrolling your mental contact list under stress won't work unless you have trained it.

3. Identify Nearby Rally Points (Home, Work, Gym)

Instructions:

For each main location you spend time in, identify 1–2 rally points:

- A coffee shop, park, school or parking lot that's walkable, visible and safe
- Share these spots with family or coworkers...they become your link-up points if separated

Bonus: Practice getting to them without GPS.

Why:

Cell towers go down. Panic sets in. **Having a known meet-up location removes confusion and buys you time.**

4. Learn to Break a Car Window Safely

Instructions:

- Use a spring-loaded glass breaker or tactical pen (keep one on your keychain or go-bag)
- Target the corner of a side window...NOT the windshield (laminated and won't shatter easily)
- Strike with force and follow through
- Shield your eyes and turn your head during impact

Why:

In floods, crashes, or abduction attempts, you may have to escape your own vehicle or help someone else escape theirs. Don't wait until it's real to learn this.

Drill: CHAOS Protocol Simulation

When the world flips upside down, this is your blueprint for clarity. CHAOS is your mental anchor in disarray.

C.H.A.O.S. Stands For:

C: Check your surroundings

H: Halt panic

A: Assess your exits and options

O: Organize gear or people

S: Sprint or stay...make the call

How to Run the Drill:

Choose a realistic scenario to rehearse.

Examples:

- House fire at 3AM
- Riots downtown while You are leaving work
- Flash flood while driving
- Power blackout at your gym during a lockdown
- Tech outage + no cell signal at your kid's school

Now move through the CHAOS protocol in real time:

C: Check surroundings:

- Where are the threats?
- Who's near you?
- Is there smoke, shouting, water rising, debris or weapons?

H: Halt panic:

- Take one deep breath.
- Anchor your thoughts with a single command: "Focus. Move."
- Panic is contagious...your calm can anchor others.

A: Assess exits and options:

- What's your nearest exit, stairwell, street, or alley?
- Can you drive or must you walk?
- Who or what might block your route?

O: Organize gear and people:

- Grab your go-bag, keys, or phone.
- Call out clear commands: "We're moving to X."
- Assign one person to grab a light, another to help the elderly or kids.

S: Sprint or Stay...Make the Call:

- Evacuate if safe.
- Shelter in place if exits are blocked or unsafe.
- Lock down. Barricade. Signal.
 Commit. Move. Don't hesitate.

Repeat the Drill Monthly

- Run it solo, then with family or coworkers
- Keep it under 3 minutes
- Change the scenario every time
- Debrief: what worked? What needs fixing?

Visual Aid: Emergency Action Wheel

Create a visual on a whiteboard or paper with 4 quadrants:

- **1. Fire:** Plan exit routes, extinguishers and safe zones
- 2. Violence: Lockdown procedures, hiding spots, emergency exits
- **3. Natural Disaster:** Flood, earthquake, hurricane...routes and rally points
- **4. Tech Blackout:** Cash stash, comms backup, rally points, paper maps

Keep this wheel posted where you can see it daily...near your home exit, office door or gym locker.

Final Word on Emergency Readiness

You won't get a warning.

You won't get a warm-up.

You will just hear a scream, feel a tremor, see the lights go out and **you will have to act.**

Panic kills. Preparation saves.

Most people freeze. You won't.

Because now you have a protocol.

Now You have trained the response.

And now, when CHAOS hits...

You move.

You lead.

You survive.

Defend Yourself.

CHAPTER 8: THE NEW CODE

This isn't a phase. It's who you are now.

You have trained. You have drilled. You have upgraded your body, your awareness, your home and your digital footprint.

But the world doesn't care how prepared you were last week.

Preparation is not an event.

It's a lifestyle.

There is no finish line here. There is only **maintenance**, **refinement and continual sharpening**.

You are not doing this out of fear. You do it because this is who you have become, a **modern protector**, a **civilian warrior**, someone who walks with strength because they have earned it.

This is *The New Code* a mindset and structure for staying sharp **forever**.

THE CHECKLIST: HOW TO LIVE THE CODE

1. Create a Daily Ritual for Resilience

Start and end each day with something that grounds you and sharpens your edge. **Pick 1–3 elements that become non-negotiable:**

Options include:

- **Breath-work:** 5 minutes of box breathing to regulate your nervous system
- **Cold Exposure:** 30–90 seconds of cold shower or cold plunge for stress adaptation
- Intentional Walking: 10–20 minutes unplugged, phone away, eyes up, scan, observe, stay alert

Why:

Discipline isn't built in emergencies...it's built in quiet moments, every damn day. These rituals keep your nervous system sharp, your mind clear and your discipline on point.

2. Engage in Weekly Movement or Fight Training

Pick a practice that challenges your body and your mindset.

Options include:

- Striking training (shadowboxing, bag work, mitts)
- Self-defense drills (entries, escapes, groundwork)
- Lifting heavy (deadlifts, sandbag carries, kettlebells)
- Sprints or zone 2 cardio
- Sparring or scenario-based partner work

Instructions:

Make it a **standing appointment**. Block it out. Treat it like your job...because if the day ever comes, your body is your last line of defense.

Why:

Skills fade. Reps build memory. Stress inoculation only happens under pressure, so pressure-test regularly.

3. Monthly Audit: Home, Tech, Travel

Once a month, run a full audit of your safety systems. Yes, every month.

Checklist:

- Test door/window locks, flashlights, alarms
- Change passwords and check digital footprint
- Update your go-bag (replace expired items, recharge batteries)
- Review rally points and routes for any new patterns
- Check that family or housemates still know the plan

Why:

The enemy of preparation is **complacency**. One month of sloppiness can erase a year of good habits. Stay sharp.

4. Quarterly Skills Refresh

Every 3 months, run a **deep refresh** on your core tactical skills.

Suggestions:

- 30-minute striking session focused on mechanics
- Verbal defense and escalation role-play
- CPR/AED practice or course refresher
- Home invasion or chaos simulation drill
- Situational awareness exercises in public

Instructions:

Schedule it. Get your training partner or family involved. Add new layers of challenge: fatigue, surprise, time limits.

Why:

Skills don't stick without friction. The more you sweat in training, the less you bleed in crisis.

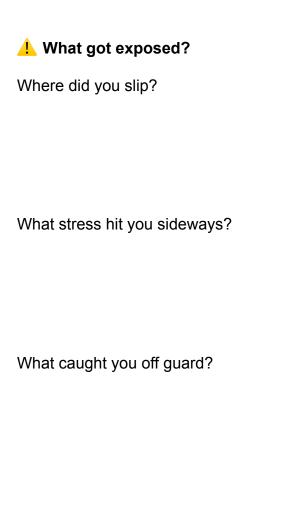
DRILL: THE WEEKLY WARRIOR REVIEW

This is the mental sharpening stone. It takes 15 minutes and it keeps you evolving.

Once a week (Sunday, ideally), sit down and ask yourself:

What did I improve this week?

Did you train harder, become more aware, fix a security gap?



Target it. Schedule it. Own it.

What needs more work?

Bonus: Write down your answers. What gets measured, gets improved. This is your accountability. This is your mirror.

VISUAL: THE URBAN WARRIOR PYRAMID

Draw this out. Keep it on your wall, phone or whiteboard:

1. MINDSET (Base)

Discipline. Focus. Calm under pressure. Presence.

2. MOVEMENT

Strength. Speed. Functional conditioning. Fight capacity.

3. ENVIRONMENT

Home readiness. Urban navigation. Digital security.

4. TRIBE (Top)

People you train with. Protect. Lead. Trust.

The strength of your circle defines the reach of your code.

FINAL WORD: THE EDGE IS REAL

You don't have to live in fear. But you damn sure better live with **intent**.

The world won't wait for you to catch up. Violence doesn't ask for permission. **Emergencies don't care if You are tired.**

DEFEND YOURSELF isn't just a book. It's a wake-up call.

You have seen how fragile comfort is. Now You have built a mindset and system to rise above it. So don't stop.

Train like your life depends on it...because one day, it might.

Welcome to the real world.

Welcome to your edge.

Stay safe. Stay sharp. Stay dangerous.

Live The Code.

CLOSING WORDS FROM EMPIRE DEFENSE & FITNESS

This Isn't Just Training. It's a Total Rebuild.

You came here looking for strength.

For clarity. For something **real** in a world flooded with watered-down workouts and surface-level self-help.

What you found was **EMPIRE DEFENSE & FITNESS...** a place where the average gets left behind...and the capable get forged.

This isn't a gym.

It's not a martial arts hobby club.

It's not group fitness with punching bags and playlist hype.

EMPIRE is the training ground for real life.

Where adults reclaim their edge.

Where protectors are shaped, sharpened, and prepared for the chaos no one talks about...until it's too late.

The System Was Built for This.

Designed and led by **Master Instructor Alan Condon**, a veteran with over 50 years of martial arts experience and a lifetime in leadership, EMPIRE exists to give you what most systems don't:

- ✓ Practical, street-proven self-defense
- A body that moves, hits and survives under pressure
- The mindset to lead in crisis
- And the confidence that only comes from earned skill

We train everyday people, parents, professionals, protectors and providers. We train those who carry responsibility on their shoulders and don't have the luxury of being unprepared.

What's Next?

If you are ready to stop hoping you will be okay...
And start **training to make damn sure you will be...**

Then **EMPIRE** is where you belong.

We'll show you how to think, move, and strike like a weapon and how to live like a leader.

Because life's too unpredictable to wait until "one day."

Train now. Lead later. Defend what matters.

Welcome to EMPIRE.

- Master Instructor Alan Condon

Founder, EMPIRE Defense & Fitness (7th Degree Black Belt)
Author of Sweep The Leg Book Series & the URBAN SURVIVAL GUIDE: From Chaos to Control

www.518EMPIRE.com