

EAST SUSSEX - COMMANDO KRAV MAGA

- COOPERS COLOUR CODE -

Lt. Col John 'Jeff' Cooper, former US Marine and pioneering shooting expert, applied a colour code system to measure threat. It is used by Law Enforcement & Military until today and helps to determine the state of your awareness too. Potential assaults can be avoided using the system. For example: When you walk down the street and spot 3 drunken males arguing with each other, instead of passing them, change the side of the street (discretely). Congratulations, you have applied the code and avoided a possible confrontation!

1. Be aware of your surroundings = **(CODE YELLOW)**.
2. Recognize a potentially dangerous situation = **(CODE ORANGE)**.
3. Respond with fight or flight-avoidance = **(CODE RED)**.

**Some sources mention that as many as 99% of the population are walking the streets without being aware of their surroundings. Are you one of them?*

WHITE: Totally switched off. That is the state of a potential victim, your body language displays inattention which makes you an easy target, and this could be noticed and used by an assailant.

YELLOW: Switched on. You are aware of your surroundings and your body language shows it. Therefore you will not be an easy victim since you can anticipate any upcoming quarrel.

ORANGE: You have spotted a potential danger (e.g. large group of young aggressive males). You make a threat evaluation and decide on what to do; you are still in control of the situation.

RED: You are confronted directly (e.g. by a mugger), now you have to flight or fight.

THREAT MESURE:

