



Keep Your Layers Strong

Thank you for training with us. This packet is yours to keep, share and come back to.

Self-defense is a skill, not a single class. A few minutes of practice keeps your awareness sharp, your voice strong and your techniques ready.

Three things to remember

1

Live in Yellow

Relaxed but aware. Most of self-defense happens before contact.

2

Space buys time

Hands up, "STOP! BACK UP!", and step off the line. Distance gives you time to think.

3

Strike to get away

The goal is to leave, not to win. Get to people and call for help.

What's inside

PAGE 2

The Layers of Safety

The color code of awareness and the five layers of self-defense.

PAGE 3

Remove the Opportunity

Prevention, vulnerable targets, and what we cover in Level 1.

PAGE 4

Practice & Support

A 5-minute practice routine, everyday safety habits, and support lines.

Keep training

Level 1 · Dec. 5 (Coed)

Retake it for more practice, or bring a friend or partner.

Level 2 · Scenario building (2027)

Real-life scenarios: surprise starts, parking lots, cars and tight spaces.

Karate classes

Build confidence, fitness and the skills behind every technique.

Private 1:1 training

Work one-on-one with an instructor at your own pace.

Group & workplace workshops

Bring this class to your team, school, church or group of friends.

Questions or ready to sign up?

Call or visit us anytime.

805.482.0307

CamarilloShotokan.com

1330 Flynn Rd. (Unit A), Camarillo, CA 93012



WOMEN'S SELF-DEFENSE · LEVEL 1

The Layers of Safety

Your color is your state of mind. Your layer is what you do about it.

COLOR CODE OF AWARENESS

LAYER OF SELF-DEFENSE

WHITE

Unaware

Head in the clouds. Phone out, earbuds in.



No layer yet

- This is the easy target. The goal of training is to never stay here.

YELLOW

Aware

Relaxed, alert and mindful. The best everyday state.



Awareness

- Phone down, eyes up. Notice exits and the people around you.
- Trust the "something's off" feeling. It is information.

ORANGE

Caution

Something specific feels wrong. Mentally and physically ready.

GOAL: AVOID & DE-ESCALATE



Body language & voice

- Ready stance: hands up, palms open, calm face.
- Yell from the belly: **"STOP! BACK UP!"**



Distance

- Keep more than arm's length. Step off the line, not straight back.
- Put a car, table or doorway between you.

RED

Danger

Confrontation. Verbal and physical action required.



Strikes

- Eye flick · Palm heel · Knee · Elbow · Foot stomp.
- Aim for eyes, nose, throat, groin, knee. Use your voice with every strike.

BLACK

Survival

All or nothing. Without practice, panic or freeze sets in.



Escape

- Wrist grab: turn out toward the thumb, strike, step away.
- **Run to people and call 911.** Getting away is the win.

Live in Yellow

Most of self-defense happens before contact. Awareness lets you spot trouble early and leave before it reaches Orange.

Training keeps you out of Black

Practice turns panic into a plan. The more you rehearse the layers, the longer you stay clear-headed in Red.



Remove the Opportunity

Prevention first. Then know where to strike and what to strike with.



An attack needs a target, an assailant and an opportunity. **Opportunity is the one corner you control.**

Awareness

Know what and who is around you.

Reduction

Lower the risk: lit routes, keys ready, share your plans.

Recognition

Spot warning signs early and believe them.

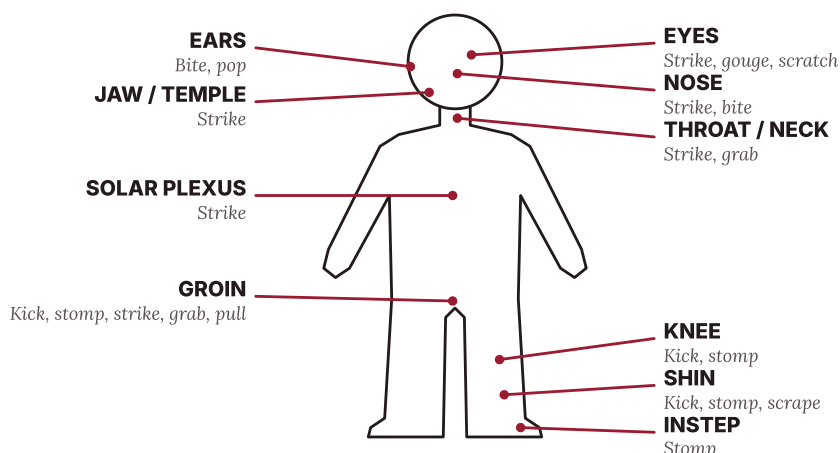
Avoidance

Leave, cross the street, go toward people.

Most of self-defense happens before contact.

Vulnerable targets

If you must strike, aim where it counts.



What we cover in Level 1

From the first warning sign to getting away.

1 Foundation

- Ready stance
- Hands up, palms open
- Confident body language
- Voice: "STOP! BACK UP!"
- Step off the line

2 Techniques

- **Front:** eye flick, palm heel, knee
- **Behind:** elbow, foot stomp or shin scrape
- **Pivot out** to face and create space
- **Wrist grab break** toward the thumb

3 Series A: from the front

- Fence → eye flick
- Fence → eye flick → palm heel
- Fence → eye flick → palm heel → knee

4 Series B: from behind or the side

- Arm over the shoulder: elbow → pivot out
- Elbow → foot stomp or shin scrape → pivot out

5 Finale: the full chain

- Elbow → stomp → turn → eye flick → palm heel → knee
- He grabs your wrist → break toward the thumb
- Eye flick, repeat as needed → **escape**

LEVEL 2 PREVIEW

Real-life scenarios: surprise starts, parking lots, cars and tight spaces. Same tools, new situations.



Practice & Support

Five minutes, a few times a week, keeps it fresh.

Your 5-minute practice

- 1 Stance and fence.** In front of a mirror: feet set, knees soft, hands up with palms open. Check that you look calm but ready. 1 min
- 2 Voice.** Say "STOP! BACK UP!" out loud, from the belly. The car is a great place to practice. 1 min
- 3 Front chain.** Slowly: fence → eye flick → palm heel → knee. Then step off the line and look around. 1 min
- 4 Behind chain.** Slowly: elbow → foot stomp or shin scrape → pivot out, fence up. 1 min
- 5 Awareness game.** Wherever you are, name two exits and notice who's around you. 1 min

Everyday safety habits

Parking lots

- Keys ready before you reach the car
- Look around and inside before you get in
- Lock the doors as soon as you're in

Walking

- Phone away, eyes up
- One earbud at most, volume low
- Stick to well-lit, busy routes

Rideshare & travel

- Match the plate, car and driver name
- Share your trip with someone
- Sit in the back seat

Out with friends

- Share your plans and arrive together
- Keep an eye on your drink
- Agree on a check-in before you split up

If you or someone you know needs support

In an emergency, call 911. The lines below can help with next steps, and most are open 24 hours.

National Domestic Violence Hotline

1-800-799-7233 · or text START to 88788

Coalition for Family Harmony (Ventura County)

(805) 656-1111 · toll-free 1-800-300-2181 · 24/7, English and Spanish

Ventura County Family Justice Center

(805) 652-7655 · in-person help and services

Emergency

911

National Sexual Assault Hotline (RAINN)

1-800-656-4673 · or chat at [RAINN.org/hotline](https://www.rainn.org/hotline)

Interface Children & Family Services

1-800-636-6738 · 24/7 · domestic violence and human trafficking

988 Suicide & Crisis Lifeline

Call or text 988