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# BECOME *the* WOMAN PREDATORS AVOID

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This Workbook belongs to: \_\_\_\_\_

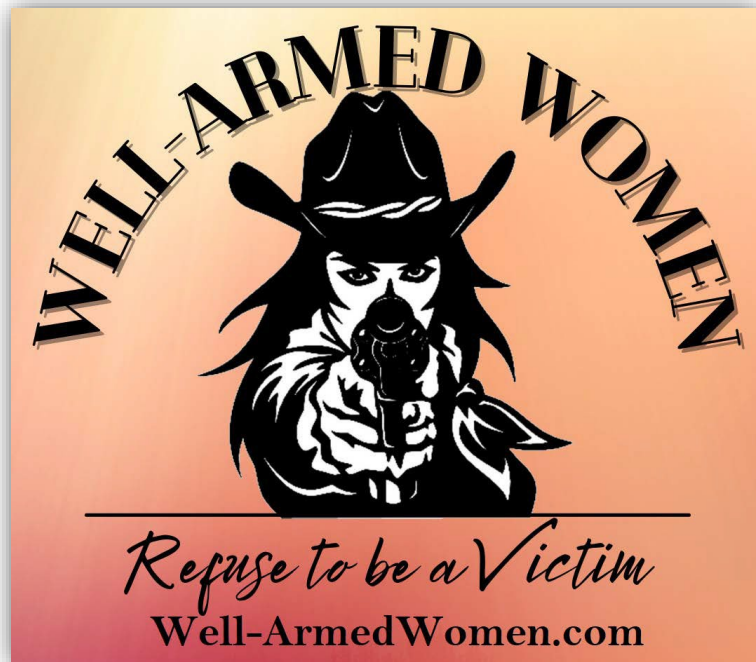
Date: \_\_\_\_\_

Instructors: Karin & Oz Johnson

*"Be calm enough to think. Strong enough to act."*

— Well-Armed Women

## PARTICIPANT WORKBOOK



# Meet your Instructors

## *Karin & Oz Johnson*



1990 on “CBS this Morning” in NYC. Pictured with one of our captains, and General H. Norman Schwarzkopf, after serving in Desert Storm

Oz & Karin met in 1987 in the Air Force while training to become Air-Evac Medical Technicians with the 139th Aeromedical Evacuation Squadron as part of the 109th Airlift Wing at Stratton Air National Guard Base in Scotia, NY.

They moved to Arizona in 1993.

Oz pursued a career in Law enforcement and Karin began a career in Real Estate.

In 2020 they founded Johnson Group Tactical (JGT) Firearms Instruction Business.



October 1, 2020, at Ben Avery Shooting Range.

Oz brings to JGT his tactical training from being in the law enforcement field for 20 years and his military background in the 101<sup>st</sup> Airborne in the Army (prior to meeting Karin in the Air Force) and a lead instructor in SWAT for 7 years

Karin brings to JGT her passion for equipping women with confidence, and skills to protect themselves and the people they love.

With over 1200 students, of which 500+ are women; Well-Armed Women for founded.

And the H.A.R.D. to Target Training Series was created.

# Welcome

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You made a decision today. Not everyone does.

The fact that you are here — in this room with these women — means something.

It means you have decided that your safety matters.

It means you have chosen to show up for yourself.

## The Three Things We Believe

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- 1. Your safety is your responsibility — and your right.**
- 2. Confidence is a skill. It can be trained.**
- 3. A prepared woman is not paranoid. She is powerful.**



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We are Official Partners with USCCA.

They offer Self-Defense Liability Insurance and Online Training, PLUS LifeLock Identity Theft Protection – important information on Situational Awareness, Attorney videos, Real-Life stories... and more!

[CLICK HERE](#) for more information & to join

### REFLECTION

*Before we begin: What brought you here today? What do you most want to walk away with?*

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# Workshop Overview

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## Who Is This Workshop For

- Women with no prior self-defense or firearms experience
- Women who carry or are considering carrying a firearm
- Women who want to move through the world with greater confidence
- Women returning to personal protection after time away
- Anyone who wants to go from aware to unstoppable

## What Makes This Workshop Different?

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We created the **H.A.R.D. to Target Training Series** because we saw a gap in our range training, especially for women. Our goal is to teach women how to become the woman predators avoid.

This workshop is designed to help you prevent an attack before it happens—and, if prevention fails, end it decisively.



- Mindset-first approach — confidence before combat
- Real-world scenarios, not scripted drills
- Lethal AND non-lethal options covered equally
- Zero judgment — every woman starts from her own baseline
- For women

## The Three Pillars at a Glance

| SEE IT                                                                                                                | OWN IT                                                                                                          | STOP IT                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>Situational Awareness</b><br>Read environments, recognize threats, and trust your instincts before danger arrives. | <b>Command Presence</b><br>Project confidence, use your voice, set boundaries, and de-escalate before violence. | <b>Lethal &amp; Non-Lethal Defense</b><br>Know your tools, carry with confidence, and respond decisively when it matters most. |

**PILLAR 1 | SEE IT** - *Situational Awareness & Threat Recognition*

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| *"Situational Awareness is NOT a state of fear. It is a state of readiness."*

You cannot respond to what you don't see. This pillar trains you to read environments, people, and situations the way trained professionals do — not with paranoia, but with calm, confident awareness.

**Learning Objectives**

- Understand and apply Cooper's Color Code in everyday life
- Learn how Predators select targets
- Recognize pre-attack indicators and predatory behavior
- Develop automatic environmental scanning habits
- Learn to trust and act on your intuition

**Cooper's Color Code**

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Colonel Jeff Cooper developed this framework to describe levels of mental alertness and readiness.

It is the foundation of situational awareness training used by law enforcement  
military professionals worldwide.

**Your goal is to live permanently in Yellow.**

| Color  | State                | What It Means                                                                |
|--------|----------------------|------------------------------------------------------------------------------|
| WHITE  | Unaware              | Relaxed, oblivious to surroundings. Dangerous default state in public.       |
| YELLOW | Relaxed Alert        | Calm, aware of your environment. This is your baseline goal in public.       |
| ORANGE | Specific Alert       | Something has caught your attention. You have identified a potential threat. |
| RED    | Action               | You are prepared to act. A threat is present and you are ready to respond.   |
|        | Catastrophic Failure | Paralysis or panic due to unpreparedness. This is what we train to prevent.  |

**REFLECTION**

*Where do you spend most of your time on the color code? When are you most likely to drop into White? What triggers can you identify?*

## Learn how Predators select Targets

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Predators are opportunists. They study people before choosing a target. Understanding what makes someone a soft target — and eliminating those signals — is one of the most powerful tools you have.

*H.A.R.D. to Target Signals **NEED** to become a Lifestyle!*

### SOFT TARGET SIGNALS

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- ✓ Head down, phone in hand
- ✓ Earbuds in both ears
- ✓ Hesitant, unsure body language
- ✓ Avoiding eye contact
- ✓ Distracted, unaware of surroundings
- ✓ Moving slowly or without purpose
- ✓ Appears physically vulnerable

### HARD TARGET SIGNALS

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- ✓ **Head up, scanning surroundings**
- ✓ **Purposeful, confident stride**
- ✓ **Direct, calm eye contact**
- ✓ **Alert but relaxed posture**
- ✓ **Aware of who is near them**
- ✓ **Moves with intention**
- ✓ **Physically present and engaged**

### REFLECTION

*Which hard target habits do you already have? Which soft target habits do you want to eliminate? Write your top 3 changes.*



## Pre-Attack Indicators

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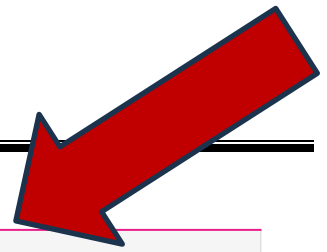
Attacks rarely happen without warning. Learning to recognize pre-attack indicators gives you time to respond — often before any physical threat occurs.

- Target glancing — repeatedly looking at you, then away
- Grooming behavior — touching face, adjusting clothing nervously
- Interview — asking odd questions, testing your responses
- Blading — turning body sideways, concealing one side
- Piggybacking — following you through secured doors or spaces
- Thousand-yard stare — dissociated, emotionless look before action
- Hands — hidden hands are a danger signal; hands hold weapons
- Unusual proximity — closing distance without social reason

***“Every bad guy who has made the conscious decision to ACT, shows Indicators!”***

## INTUITION: Your 1<sup>st</sup> Line of Defense – “Don’t dismiss it”

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### REFLECTION

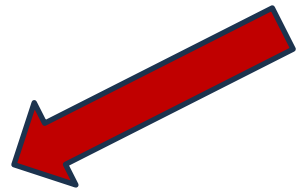
*Think of a time you felt 'off' about a person or situation but couldn't explain why. Looking back, can you identify any of these indicators?*

## Environmental Scanning: Building the Habit

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The goal is to make awareness automatic — something you do without thinking, in any environment. Practice these habits daily until they become instinct.

1. When entering any space, identify all exits immediately.
2. Choose seating with your back to a wall and sight lines to the door.
3. Note the 3 people closest to you. Are they paying unusual attention?
4. Before getting in your car, scan the backseat, under the car, and nearby area.
5. In parking lots, have your key in hand before you reach your vehicle.
6. Trust immediate discomfort. If something feels wrong, act on it.



## Your Awareness Action Plan

Write three specific habits you will implement this week to increase your situational awareness:

**Habit 1:**

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**Habit 2:**

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**Habit 3:**

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## PILLAR 2 | OWN IT - Command Presence & Conflict Avoidance

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*"Confidence isn't loud. It's undeniable."*

Predators study weakness. They look for hesitation, submission, and distraction. Command presence communicates — without a single word — that you are not an easy target. This pillar teaches you to own any room you walk into and to de-escalate threats before they become violence.

### Learning Objectives

- Understand the three components of command presence
  - Physical Presence
  - Eye Contact
  - Verbal Commands
- Set and enforce personal boundaries with confidence
- How to recognize & respond effectively to the “Interview”
- Know when to leave, when to stand firm, and when to fight

### The Three Components of Command Presence

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#### 1. PHYSICAL PRESENCE — Your Body Speaks First

Head up. Shoulders back. Feet shoulder-width apart. Eyes scanning. Movement with purpose. Your posture communicates your threat level to the potential predator before you open your mouth. Practice this until it is your automatic default.

#### 2. EYE CONTACT — The Predator Test

Predators avoid people who see them. Direct, calm eye contact communicates awareness. It says: I see you. I am not afraid. I am watching. You do not need to stare — a brief, confident acknowledgment is enough. It is often enough to abort the approach.

#### 3. VOCAL AUTHORITY — Your Voice Is a Tool

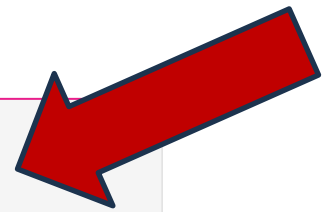
Volume, tone, and word choice matter enormously. A low, firm, clear command is more effective than a high-pitched, apologetic request. Your voice can stop a threat, de-escalate a conflict, or summon help. Train it like any other tool.



## REFLECTION

*Which of the 3 Components of Command Presence do you need the most work?*

*What would improving it look like?*



## Verbal Commands That Work

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The words you use matter — but delivery matters more. Firm, low, direct commands are more effective than questions or apologies. These are not magic words; they are tools that require practice.

### STOP.

Single-word commands work. "Stop." is more authoritative than "Excuse me, could you please stop?" Practice saying it — out loud, alone — until it comes naturally with authority.

### BACK UP. GIVE ME SPACE.

Used when someone is inside your personal space without invitation. Clear, calm, direct. Combined with a raised open palm (which also creates a barrier), this signals that you are not passive.

### I DON'T WANT ANY TROUBLE. LEAVE ME ALONE.

De-escalation language. Makes your intention clear — you are not aggressive — while firmly communicating a boundary. This also serves as public witness if bystanders are present.

## Verbal Command Practice

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Practice these out loud until they feel natural. Record yourself. Your voice should be low, firm, and projected from the diaphragm — not the throat.

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## “The Interview”

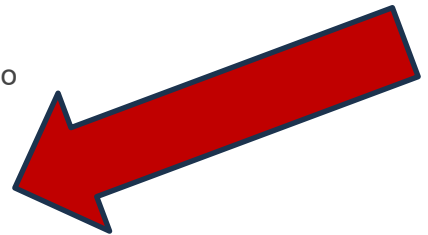
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Before some attacks, predators conduct an 'interview' — a series of questions or interactions designed to test your awareness, responsiveness, and whether you are a good target. Recognizing the interview gives you time to exit before anything physical occurs.

- Odd questions that don't quite make sense in context
- Requests that require you to get closer, distracted, or isolated
- Claiming to know you or have met before (when they haven't)
- Asking for directions, time, or money while closing distance
- Compliments that feel off or are followed by requests
- Someone matching your pace or changing direction when you do

The correct response to an interview is to **trust your intuition**.

- ✓ Break off the interaction with a firm excuse and leave.
- ✓ You do not owe anyone an explanation.
- ✓ Politeness is a social luxury; safety is a right.



### REFLECTION

*Have you ever experienced something that, in hindsight, may have been an “interview”?  
What happened, and how might you respond differently today?*

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## The Decision Framework: Leave, Stand, or Fight

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Not every situation requires the same response. A prepared woman knows when to go, when to hold ground, and when to act with force. The hierarchy always begins with avoidance.

- **LEAVE** — Always your first, best option if a path exists. Pride is not a reason to stay.
- **DE-ESCALATE** — Use your voice and presence to reduce the threat without physical contact.
- **COMPLY** — In robberies, giving up property is almost always the right choice. Property is replaceable.
- **CREATE DISTANCE** — Space gives you time. Time gives you options.
- **USE NON-LETHAL TOOLS** — OC spray, alarms, and other tools when de-escalation fails.
- **USE LETHAL FORCE** — Only when you have a reasonable belief of imminent death or serious bodily harm.

### SCENARIO

*You are at a gas station late at night, as you are walking into the store, a man is approaching you and demands your purse. He has not shown a weapon. He is large and aggressive, blocking your path.*

**What is your immediate priority — and is this a Leave, De-escalate, or Comply situation?**

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**What verbal commands, if any, are appropriate here?**

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**At what point, if any, does this become a lethal force situation?**

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### My Conflict Avoidance Commitments

Write three specific situations in your life where you can implement better command presence or boundary-setting:

**Situation 1:**

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**Situation 2:**

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**Situation 3:**

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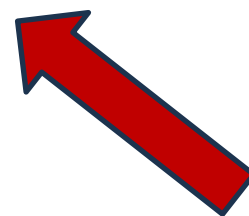
*"The goal is not fear. The goal is readiness."*

When awareness and presence are not enough, a prepared woman knows exactly what to do.  
This pillar covers the full spectrum of defensive tools —  
and the **mindset** to deploy them decisively and without hesitation.  
**Your tools are only as effective as your commitment to use them.**

### TODAY WE WILL BE FOCUSING ON THE DEFENSIVE MINDSET

#### Learning Objectives

- Understand Non-lethal & Lethal defense tools
- Apply the legal framework for use of force decisions
- Develop the defensive **mindset** required for lethal force



#### Part A: Non-Lethal Defense Tools

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Non-lethal tools are your first line of active defense after awareness and presence have failed. They are legal in most jurisdictions, accessible to all women regardless of firearms experience, and highly effective when used correctly.

##### OC Spray (Pepper Spray)

OC (Oleoresin Capsicum) spray is one of the most effective non-lethal defensive tools available. It causes immediate intense pain, temporary blindness, and respiratory distress — buying you critical time to escape.

- Select a stream or gel formula — less affected by wind than fog
- Look for 2% Major Capsaicinoids (MC) — the actual potency measure, not Scoville units
- Sabre Red and POM are trusted brands with reliable deployment
- Carry with the safety mechanism engaged but accessible within 1-2 seconds
- Practice your draw and deployment motion regularly with an inert practice canister
- Know your state's laws — most allow carry; some restrict canister size
- Aim for the face — specifically the eyes and nose
- After deployment, create distance immediately and call 911

### Personal Alarms

A 120+ decibel personal alarm disrupts an attacker's concentration, draws attention, and signals distress to bystanders. It is particularly effective in public spaces.

- Carry on a keychain or bag strap for instant access
- Look for 120dB minimum — equivalent to a jet engine at close range
- Pull-pin or button activation — know which you have and practice
- Useful as a deterrent even before a physical altercation begins

### Tactical Flashlight

A high-lumen flashlight serves dual purpose: temporarily blinding an attacker in low light, and as a striking tool if necessary.

- 500+ lumens is sufficient for disorientation in daylight
- Strobe function is particularly effective for disorientation
- Hardened bezel edge can function as a striking tool
- Carry in hand when walking in low-light environments — no draw time needed

### Everyday Carry (EDC) Items

Your EDC is the set of tools you carry every day, integrated into your routine. Consistency is the key — a tool you don't have with you is not a tool.

|                       |                       |                          |
|-----------------------|-----------------------|--------------------------|
| Firearm (if licensed) | Holster (IWB/OWB)     | Spare magazine           |
| OC/Pepper spray       | Personal alarm        | Tactical flashlight      |
| Kubotan / palm tool   | Phone (fully charged) | Medical: tourniquet/IFAK |
| Keys (grip tool)      | Tactical pen          | ID & emergency contacts  |

### REFLECTION

*What non-lethal tools do you currently carry? What gaps exist in your EDC? What would you add after today?*

## Part B: Lethal Defense — Firearm Fundamentals

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A firearm is the most effective tool for stopping a lethal threat at distance. Carrying one is a serious commitment — to training, to safety, and to the mental and legal responsibility that comes with it. If you carry, you must train. If you do not carry yet, this section will help you decide if it is right for you.

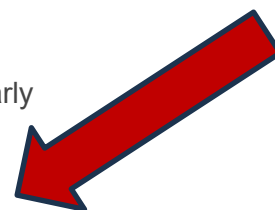
### The Four Fundamental Rules of Firearm Safety

These rules are non-negotiable. They are not suggestions. Any time you handle a firearm — during training, at home, or in defense — these apply. All four must be violated simultaneously for an unintentional discharge to cause harm.

|   |                                                                |
|---|----------------------------------------------------------------|
| 1 | Treat every firearm as if it is loaded. Always.                |
| 2 | Never point at gun at anything you are not willing to destroy. |
| 3 | Keep your finger off the trigger until you are ready to fire.  |
| 4 | Be sure of your target and what is beyond it.                  |

### Choosing Your Carry Firearm

The best firearm is the one you will carry consistently, handle safely, and train with regularly



## The Legal Framework for Use of Force

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Using force — lethal or non-lethal — has serious legal consequences. Every woman who carries must understand these principles before she ever needs to apply them.

## ABILITY

The threat must have the ability to cause death or serious bodily harm. A 6'4" man has different ability than a 12-year-old child.

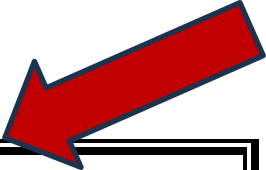
## OPPORTUNITY

The threat must be in a position to use that ability against you right now. A man with a knife at 100 yards has limited opportunity.

## JEOPARDY

The threat must be acting in a way that puts you in danger. Intent must be clear from their actions, not your assumption

**IMPORTANT:** Laws vary significantly by state. Castle doctrine, stand-your-ground laws, and duty-to-retreat laws differ. Know the laws in every state where you carry. Consult an attorney familiar with firearms law in your jurisdiction. [CLICK HERE](#) for Laws in each state.



## The Defensive Mindset

**The most important tool you carry is your mind.**

*Defensive Mindset is the result of creating 2<sup>nd</sup> nature  
for when a certain scenario presents itself.*

- ✓ Using defensive force requires a mental decision most people have never had to face.
  - ✓ That decision should be made in advance—during training, not in the moment.
  - ✓ Hesitation in a lethal force situation can cost your life
  - ✓ Stopping a threat is not the same as intending to kill — but the outcome may be the same
- 

### REFLECTION

*Where are you on the defensive mindset spectrum? What mental barriers, if any, do you need to work through before you would be able to act decisively in a lethal force situation?*

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## SCENARIO

*You are home alone. At 2 AM, you hear your front door being forced open.*

*You hear two male voices, and heavy footsteps approaching your bedroom.*

**What do you observe, what have you decided to do, and what are your actions?**

**What verbal commands (if any) are appropriate from behind a closed door?**

**At what point — if ever — does this situation justify lethal force?  
What factors affect that answer?**

## My Defensive Tools Action Plan

Be specific. What tools will you carry? Where? What training will you commit to?

*Non-lethal tool(s) I will carry:*

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*Firearm I carry or plan to carry:*

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*Training I will commit to (frequency and type):*

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*Legal resources I will research or consult:*

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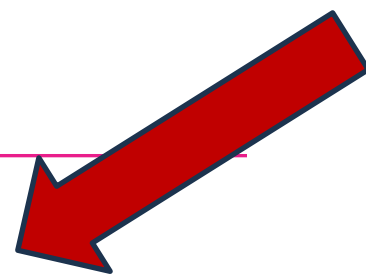
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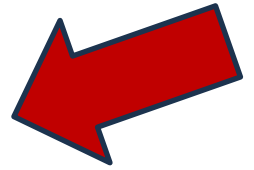
# Knowledge Check

Circle T (True) or F (False) for each statement. We will review together.



| Statement                                                                                                 | T                     | F                     |
|-----------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|
| Yellow alert means you are tense and looking for threats in every person you see.                         | <input type="radio"/> | <input type="radio"/> |
| Pre-attack indicators can tell you a threat is developing before any physical contact occurs.             | <input type="radio"/> | <input type="radio"/> |
| Predators typically look for people who make eye contact because it suggests aggression.                  | <input type="radio"/> | <input type="radio"/> |
| Command presence is mostly about what you say, not how you carry yourself.                                | <input type="radio"/> | <input type="radio"/> |
| All 4 Rules of Gun Safety must be violated simultaneously for an unintentional discharge to cause injury. | <input type="radio"/> | <input type="radio"/> |
| Lethal force is justified whenever you feel afraid.                                                       | <input type="radio"/> | <input type="radio"/> |
| You must establish jeopardy, ability, and opportunity before lethal force is legally justified.           | <input type="radio"/> | <input type="radio"/> |
| The best defensive firearm is the most powerful one, regardless of whether you can manage the recoil.     | <input type="radio"/> | <input type="radio"/> |

# My Personal Protection Plan - HOMEWORK



A protection plan is only useful if it reflects your real life. **Set 30 DAY GOALS**

## Awareness

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*My current awareness gaps:*

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*Three habits I will implement immediately:*

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## Command Presence

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*Areas where I need to strengthen my presence:*

---

*One boundary I will practice setting this week:*

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## My Tools

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*Non-lethal tools I carry or will add:*

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*Firearm status (carry / planning to carry / not applicable):*

---

*Training commitment (what and how often):*

---

## Resources I will follow up on:

---

*Local range / training facility:*

---

*Legal resource / attorney:*

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*Community / ongoing group:*

## ***Your Next Steps***

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### ***Book your One-On-One Call with Karin today!***

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*Together we will create a Personal Protection Plan for you.  
We will go over your goals, your challenges, fears/concerns.*

**602-410-7355**

### ***VIP Attendees***

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*Schedule your 2 Calls with Karin*

### ***Register for our 8-week H.A.R.D. to Target Academy***

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LIVE Online Training experience helps women **develop** awareness, confidence, personal safety skills, and a stronger defensive mindset.

**Special Gift for the 1st three students who sign up!**

### ***Join our Well-Armed Women Club***

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Monthly Membership designed to help women continue training, stay accountable, and remain connected to a supportive community.

### ***Sign up for any of our Firearm Classes***

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Visit our website



*Scan to learn more~  
Visit our website*



# You Are Not the Same Woman Who Walked In

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You came today uncertain of what you'd find. Maybe you came nervous. Maybe you came curious. Maybe someone you love brought you here and you weren't sure it was for you.

It was for you.

The woman who walks out of this room knows things the woman who walked in did not. She knows what color code to live in. She knows how to read a room. She knows what her voice sounds like when it means business. She knows what she carries and why she carries it.

More than any of that — she knows she chose herself today. She chose preparedness over passivity. She chose power over fear.

**That is not a small thing.** That is everything.

*"A prepared woman is not paranoid. She is powerful. She is the hardest target in the room. She sleeps differently at night. And she will never stop training."*

— Well-Armed Women

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## THE REFUSE TO BE A VICTIM PLEDGE

*I choose awareness over obliviousness.*

*I choose confidence over fear.*

*I choose readiness over hesitation.*

*I choose to protect myself and those I love.*

**I REFUSE TO BE VICTIM.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Strength  
and  
Dignity  
are her clothing,  
and she laughs  
at the time to come.  
She opens  
her mouth with  
Wisdom,  
the teaching of  
Kindness  
is on her tongue.

Proverbs 31:25-26

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*Refuse to be a Victim*

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