ADDENDUM G

Security & Self-Defense: Zero to Full Competency

Curious how Tier, Stage, and Phase relate? See the Glossary.

Why This Addendum Exists

Chapter 8 tells you what to have and do at each tier of a disruption. It does not teach the underlying competency behind it: genuine physical security skill, including the legal and safety framework around firearms, if your household chooses that path. This addendum is a skill-building curriculum for that, built from real Utah programs and certifications.

It's organized by skill stage, not by disaster duration, following the same structure as the other addenda. Treat the self-check at the end of each stage as the actual gate.

Four stages: Foundations (basic safe practice), Applied Practice (hands-on competence), Self-Sufficiency (independent, resilient skill), and Mastery & Teaching (able to teach others and operate at community scale). This addendum's companion, Addendum E: Shelter & Structural Safety, runs the same four-stage structure for structural safety and shelter building; the two are meant to be worked through side by side.

A Note on Firearms Content

Some of this addendum covers firearm training resources, since Chapter 7 already treats firearms as one legitimate option among several for home security. This is not a recommendation that every household own or carry a firearm; it's coverage for households that have already made that choice and want real training rather than assumption. Owning a firearm is not the same skill as being proficient with one; if you intend to use one for defense, practical courses and consistent training are required, not a book. If firearms aren't part of your household's plan, the non-firearm security items below still apply in full. Always cross-reference Chapter 8's existing "Firearms Safe Storage" and "Legal Note: Use of Force" guidance alongside anything in this addendum.

Stage 1: Foundations (Awareness)

Goal: know the core safety and legal facts well enough to make sound decisions and not create new risk. This stage is readable in a weekend.

Core Knowledge

The core concept at this stage is layered security: locks, lighting, and visibility deter opportunistic threats long before any active response is needed, and most home security failures are failures of the basics (an unlocked door, a dark entry, an obviously empty house) rather than a sophisticated breach. Understand your state's actual self-defense and use-of-force law (Chapter 8's Legal Note covers this) before assuming you know it from general cultural osmosis; the legal threshold for justified force is more specific and more restrictive than most people assume.

Stage 1 Learning Path

Resource	Cost / Format	Notes
Chapter 8's Legal Note: Use of Force (this manual)	Free, already included	Read this in full before any firearms training; it's the legal foundation everything else in this addendum sits on.

Stage 1 Practice Exercises

- **Do a home security walkthrough:** Walk your property at night as if you were a stranger; note every dark entry point, unlocked access, and sightline gap, and fix the cheapest ones first.
- **Read your actual state self-defense statute:** Don't rely on secondhand summaries; read Utah's actual use-of-force law text alongside Chapter 8's Legal Note. See the Firearm Safety, Storage & Self-Defense Basics skill guide for the specific statutes: use of force, stand your ground, and castle doctrine.

Self-Check: Ready for Stage 2?

You should be able to describe Utah's actual legal threshold for justified force without guessing, and name your home's specific security weak points from your own walkthrough.

Stage 2: Applied Practice (Competent)

Goal: move from knowing the rules to having actually practiced the physical and legal skills under real instruction.

Applied Practice

- **Harden your home's actual weak points:** Act on your Stage 1 walkthrough: fix the locks, add the lighting, close the sightline gaps you identified, rather than leaving it as a list.
- **If pursuing firearms, get a Utah Concealed Firearm Permit (CFP):** The Utah CFP requires a 4-hour, BCI-certified classroom course covering safety, storage, Utah law, and justification of force; it does not include a shooting qualification or range time. Treat the CFP as the legal/knowledge layer, not a substitute for actual shooting proficiency. See the Firearm Safety, Storage & Self-Defense Basics skill guide for the universal safety rules and real storage options to have in place before this course, not after.
- **If pursuing firearms, separately get real range instruction:** NRA's Basics of Pistol Shooting course (available through multiple certified Utah instructors) provides the actual hands-on shooting fundamentals the CFP course doesn't cover: safe handling, marksmanship basics, and range discipline. Do this regardless of whether you also take the CFP course.

Stage 2 Learning Path

Resource	Cost / Format	Notes
Utah Concealed Firearm Permit (CFP) course	$45–$65 course fee + $52 state application fee	bci.utah.gov. BCI-certified instructors statewide; verify certification before booking.
NRA Basics of Pistol Shooting	Course fees vary by provider	nrainstructors.org has a searchable instructor locator for Utah.
Home security hardware (deadbolts, motion lighting, cameras)	$100–$500 depending on scope	Prioritize by what your Stage 1 walkthrough actually found, not a generic list.

Self-Check: Ready for Stage 3?

You should have physically fixed your home's identified security weak points. If pursuing firearms, you should hold a CFP and have completed real range instruction, not just one or the other.

Stage 3: Self-Sufficiency (Proficient)

Goal: genuine independent competency, the actual skill level Chapter 8's Tier 2 and Tier 3 assume a household has. This stage involves real multi-day coursework.

Self-Sufficiency

- **If pursuing firearms, take a defensive pistol course:** The NRA Defensive Pistol course (and similar Utah-based defensive courses) moves beyond basic marksmanship into the decision-making, mindset, and technique needed to use a firearm responsibly under real stress; this is a meaningfully different skill than range accuracy alone.
- **Learn non-firearm self-defense fundamentals:** A basic self-defense or de-escalation course is valuable regardless of your household's firearms decision, and is the only realistic security skill for household members who can't or won't carry a firearm. See the Firearm Safety, Storage & Self-Defense Basics skill guide for the difference between traditional martial arts, combat sports, and reality-based self-defense training, and why pepper spray specifically is a poor choice for indoor defense, despite its real effectiveness outdoors.
- **Understand sustained security posture:** Chapter 8's Tier 2/3 assumes sustained watch rotations and perimeter awareness over weeks, not a single incident response; study what actually causes watch-rotation fatigue and error, since sustained vigilance is a different skill than a single alert moment.

Stage 3 Learning Path

Resource	Cost / Format	Notes
NRA Defensive Pistol course	Course fees vary by provider	Available through the same certified-instructor network as Basics of Pistol Shooting; search nrainstructors.org.

Self-Check: Ready for Stage 4?

If pursuing firearms, you should hold a defensive pistol credential, not just a basic one. Either way, you should have completed a non-firearm self-defense course and understand what sustained watch duty actually costs a household over weeks, not just a single night.

Stage 4: Mastery & Teaching (Expert)

Goal: the ability to teach others reliably and coordinate security at a community scale. This is the stage Chapter 8's Tier 4 (formalized community watch) actually depends on.

Teaching & Certification

- **Become a Neighborhood Watch Area Leader:** Nearly every Wasatch Front police department (Salt Lake City, Sandy, West Valley City, South Jordan, American Fork, North Salt Lake, and more) runs a free Neighborhood Watch program; becoming the Area Leader for your block requires a background check and department training, and is the direct, official mechanism for formalizing the community watch Chapter 8's Tier 4 describes.
- **If pursuing firearms, consider NRA Instructor certification:** Becoming an NRA-certified instructor lets you teach Basics of Pistol Shooting to others safely and correctly, rather than informally passing on techniques without a structured safety framework.

Community-Scale Practice

- **Run a real watch rotation:** Organize and run an actual multi-household watch rotation as a drill, not just a plan on paper, to surface the coordination problems (fatigue, communication gaps, unclear authority) that only show up under real conditions.

Stage 4 Learning Path

Resource	Cost / Format	Notes
Neighborhood Watch Area Leader program	Free; background check required	Contact your city's police department Crime Prevention Specialist or Neighborhood Watch Coordinator directly.
NRA Instructor certification (Pistol)	Course fees vary; prerequisite courses required	nrainstructors.org. A real teaching credential, not just a shooting one.

Self-Check: Have You Actually Arrived?

The real test of Stage 4 isn't a title or a longer course; it's whether you've actually run a multi-household watch rotation and whether you've taught at least one neighbor a real security skill they've since used independently.

A Suggested Learning Sequence

The firearms sub-track within this addendum is entirely optional depending on your household's choices. As a rough guide, not a requirement:

- **Weeks 1–2:** Stage 1: do the home security walkthrough and read Utah's actual use-of-force law.
- **1–4 months:** Stage 2: harden your home's weak points, and complete CFP and/or basic range instruction if pursuing firearms.
- **6–18 months:** Stage 3: complete a defensive pistol course if applicable, and a non-firearm self-defense course either way.
- **Ongoing:** Stage 4: become a Neighborhood Watch Area Leader, consider an instructor credential if teaching is a real goal, and run at least one real multi-household watch drill.

At a Glance: Security & Self-Defense Deep Dive

A single-page reference for planning purposes. This does not replace the detailed guidance above; use it to see how the four stages scale, and cross-reference against Chapter 8's tiers, which describe what a household needs to have and do rather than how skilled it needs to be.

Stage	Focus	Key Milestone	Primary Resource
Stage 1: Foundations	Core legal and security knowledge, no hands-on requirement yet	Can describe Utah's use-of-force law from memory	Chapter 8 Legal Note
Stage 2: Applied Practice	Hands-on hardening and instructed practice	Home weak points fixed; CFP/range instruction if applicable	Utah CFP, NRA Basics of Pistol Shooting
Stage 3: Self-Sufficiency	Independent skill over multi-day coursework	Completed defensive pistol course if applicable; non-firearm self-defense course completed	NRA Defensive Pistol
Stage 4: Mastery & Teaching	Teaching others, community/professional scale	Ran a real multi-household watch drill; taught a neighbor a real skill	Neighborhood Watch Area Leader, NRA Instructor