

# Gracie Survival Tactics (GST) Military/Law Enforcement Instructor Certification Course

## LEVEL 1 CERTIFICATION

### Host Accommodations & Training Facility Information

City & State of GST Training:	Arlington, TX (USA)
Date of Training:	August 12-16, 2019 (Mon - Friday) for <b>Certification &amp; Re-Certification</b>
Training Hours (30 hours total / 5-Days):	8:00 am to 2:30 pm daily (minimal breaks) - Total 6 hrs. daily
First & Last Name of Host:	Corporal Heath Cook
Agency Host:	Arlington Police Department
Work Telephone:	(817) 299-2887
Mobile Telephone:	N/A
Other Telephone:	(817) 299-2895
Fax:	(817) 451-8109
Host Email:	<a href="mailto:Heath.Cook@ArlingtonTX.Gov">Heath.Cook@ArlingtonTX.Gov</a>
Name of Training Facility:	<b>Arlington Police Training Center</b>
Full Address of Training Facility:	<b>6000 West Pioneer Parkway, Arlington, TX 76013</b>
Square Footage of Matted Area:	5,000 sqft.
Parking Information:	Parking available on site.
Are Lockers available?	Yes
Are Showers available?	Yes
Are weapons allowed in facility?	Yes - but not weapons of any kind in gym.
Describe Security access to facility:	On day one, the checkpoint will be at the entrance of the gym.
Nearest Major Airport:	DFW International Airport
Driving minutes from airport to facility:	Approximately 25 minutes
Hotels in Area:	- To see a complete list of hotels in the area, please click on the following link: <a href="http://secure.gracieacademy.com/gst_hosting/Hotels.pdf">http://secure.gracieacademy.com/gst_hosting/Hotels.pdf</a>
Nearby Restaurants:	Subway, Boston Market, Colter's BBW, Scholotzky's, Fuzzy's Tacos
Nearby Attractions:	Arlington Six Flags over Texas, Six Flags Hurricane Harbor, Sixth Floor Museum in Dallas, Stockyards in Fort Worth, Parks Mall
Attire & Equipment to Bring for Participants:	<ul style="list-style-type: none"><li>- Tops: T-shirt (Long Sleeve recommended) or sweats. No Gi top!</li><li>- Bottoms: Long loose fitting athletic pants, tactical pants or Gi pants. Shorts acceptable but not recommended.</li><li>- Feet: Barefoot recommended- no footwear other than wrestling shoes.</li><li>- <b>REQUIRED</b> on the Last Day of Training: Duty Belt / Gun Belt with training gun (injection-molded, plastic or rubber) - Please no live lethal guns, chemical/OC sprays, knives live TASERS/CEWs in the training site.</li><li>- If you are a detective or in CID and only wear a belt with a holster, then it is acceptable to wear that holster (or a similar training holster) with a training gun (injection molded, plastic or rubber gun)</li><li>- Don't forget to wear inner belt so that the gun belt can be securely fastened.</li><li>- Optional: Groin &amp; mouth protection. Load bearing equipment (helmet, body armor, gear, duty belt, etc.) is not part of training but may be used with permission from instructor on last day of training.</li><li>- Other: Bring snacks, fruit &amp; hydration drinks. Finger &amp; toe nails must be clipped.</li></ul>
GST Overview:	<ul style="list-style-type: none"><li>- The GST course consists of 23 stand-up &amp; ground techniques, taught in 30 hours over a 5-day period.</li><li>- Techniques address most common threat scenarios encountered by Military &amp; Law Enforcement personnel in the field.</li><li>- These Gracie Survival Tactics (GST) are extremely effective when you are up against much larger &amp; stronger opponents.</li><li>- Instructors reduce liability for their agency when they learn safe, effective &amp; proven reality-based techniques.</li> <li>- What sets GST apart from all other similar Instructor Certification Courses is the Gracie University Instructors' exclusive teaching techniques. Drawing from over 85 years of experience, teaching thousands of military &amp; law enforcement personnel &amp; many thousands more students from all walks of life, the Gracies' have developed a detailed, systematic approach in presenting their knowledge known today as the Gracie Teaching Methodologies. This will insure that course graduates can effectively impart their newfound knowledge &amp; skills of GST to other members of their organization, using the best teaching skills ever developed in this field. In addition to the Hands-On course, graduates will receive the entire Level 1 video course online (<a href="http://www.GracieUniversity.com">www.GracieUniversity.com</a>) to use for future reference and refresher training. The online GST access will remain for the duration of the certification period.</li> <li>- Open only to active (reserve/guard okay) Military personnel, Law Enforcement personnel, and Firefighters/EMTs. <b>Disclaimer:</b> All non-US based LE and MIL personnel must be pre-approved before registering. To begin the approval process, please contact our GST Director below.</li> <li>- All GST courses are taught by a Gracie University Master Instructor.</li></ul>
Gracie University GST Website:	<a href="http://www.GracieUniversity.com/GST">www.GracieUniversity.com/GST</a>
Director of Military & Law Enforcement Combatives:	Cell: 817-692-8303   Email: <a href="mailto:GST@GracieUniversity.com">GST@GracieUniversity.com</a>