

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

LEVEL 1 CERTIFICATION

Host Accommodations & Training Facility Information

City & State of GST Training:	Norfolk, VA (USA)
Date of Training:	July 8-12, 2019 (Mon - Friday) for Certification & Re-Certification
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:	Heather Burton
Title of Host	Police Officer
Agency Host:	Chesapeake Police Department
Work Telephone:	(757) 382-1529
Mobile Telephone:	N/A
Other Telephone:	(757) 382-1525
Fax:	N/A
Host Email:	Hburton@CityofChesapeake.net
Name of Training Facility:	Norfolk Karate
Full Address of Training Facility:	814-A 45th St. Norfolk, VA 23508
Square Footage of Matted Area:	3,500 sqft.
Parking Information:	Parking available on street, sides of building, and public garage one block west.
Are Lockers available?	Yes, small lockers for securing valuables and weapons (bring own lock)
Are Showers available?	No
Are weapons allowed in facility?	Yes
Describe Security access to facility:	N/A
Nearest Major Airport:	Norfolk International Airport
Driving minutes from airport to facility:	Approximately 20 minutes
Hotels in Area:	<ul style="list-style-type: none"> - Old Dominion University Spring Hill Suites (Marriott) One block walk - Multiple options in downtown Norfolk 15 minute drive; best for dining and entertainment after-hours - Cheapest option near Norfolk Naval Base (Hampton Inn and Quality Inn) 10 minute drive
Nearby Restaurants:	A variety of fast food restaurants within 1-2 blocks of the school
Nearby Attractions:	Beach, zoo, museums, naval base tours
Attire & Equipment to Bring for Participants:	<ul style="list-style-type: none"> - Tops: T-shirt (Long Sleeve recommended) or sweats. No Gi top! - Bottoms: Long loose fitting athletic pants, tactical pants or Gi pants. Shorts acceptable but not recommended. - Feet: Barefoot recommended- no footwear other than wrestling shoes. - REQUIRED 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. - 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) - Don't forget to wear inner belt so that the gun belt can be securely fastened. - Optional: Groin & 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. - Other: Bring snacks, fruit & hydration drinks. Finger & toe nails must be clipped.
GST Overview:	<ul style="list-style-type: none"> - The GST course consists of 23 stand-up & ground techniques, taught in 30 hours over a 5-day period. - Techniques address most common threat scenarios encountered by Military & Law Enforcement personnel in the field. - These Gracie Survival Tactics (GST) are extremely effective when you are up against much larger & stronger opponents. - Instructors reduce liability for their agency when they learn safe, effective & proven reality-based techniques. - 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 & law enforcement personnel & 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 & 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 (www.GracieUniversity.com) to use for future reference and refresher training. The online GST access will remain for the duration of the certification period. - Open only to active (reserve/guard okay) Military personnel, Law Enforcement personnel, and Firefighters/EMTs. Disclaimer: 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. - All GST courses are taught by a Gracie University Master Instructor.
Gracie University GST Website:	www.GracieUniversity.com/GST
Director of Military & Law Enforcement Combatives:	Cell: 817-692-8303 Email: GST@GracieUniversity.com