

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

### LEVEL 1 CERTIFICATION

#### Host Accommodations & Training Facility Information

<b>City &amp; State of GST Training:</b>	<b>Raleigh, NC (USA)</b>
<b>Date of Training:</b>	May 13-17, 2019 (Mon - Friday) for <b>Certification &amp; Re-Certification</b>
<b>Training Hours (30 hours total / 5-Days):</b>	8:00 am to 2:30 pm daily (minimal breaks) - Total 6 hrs. daily
<b>First &amp; Last Name of Host:</b>	Sunny Yu   Gracie Jiu-Jitsu Durham
<b>Agency Host:</b>	Orange County Sheriff's Office
<b>Work Telephone:</b>	(919) 964-5777
<b>Mobile Telephone:</b>	N/A
<b>Other Telephone:</b>	N/A
<b>Fax:</b>	N/A
<b>Host Email:</b>	<a href="mailto:Info@GracieJiuJitsuDurham.com">Info@GracieJiuJitsuDurham.com</a>
<b>Name of Training Facility:</b>	<b>Fetzer Gym - Wrestling Room</b>
<b>Full Address of Training Facility:</b>	<b>101 Student Recreation Center, Chapel Hill, NC 27514</b>
<b>Square Footage of Matted Area:</b>	4,770 sqft.
<b>Parking Information:</b>	To be handled by UNC Campus Police and Orange County SO
<b>Are Lockers available?</b>	Yes
<b>Are Showers available?</b>	Yes
<b>Are weapons allowed in facility?</b>	Yes
<b>Describe Security access to facility:</b>	N/A
<b>Nearest Major Airport:</b>	Raleigh-Durham International Airport (RDU)
<b>Driving minutes from airport to facility:</b>	Approximately 25 minutes
<b>Hotels in Area:</b>	<ul style="list-style-type: none"> <li>- Days Inn Chapel Hill   1312 Fordham Blvd. Chapel Hill, NC 27514   (919) 929-3090</li> <li>- Chapel Hill University Inn   1301 Fordham Blvd. Chapel Hill, NC 27514   (919) 929-2171</li> <li>- Red Rood Inn Chapel Hill-UNC   5623 Durham-Chapel Hill Blvd. Durham, NC 27707   (919) 489-9421</li> </ul>
<b>Nearby Restaurants:</b>	Sunrise Biscuit Kitchen, Merrit's Store, Al's
<b>Nearby Attractions:</b>	Please see Host.
<b>Attire &amp; Equipment to Bring for Participants:</b>	<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>
<b>GST Overview:</b>	<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>
<b>Gracie University GST Website:</b>	<a href="http://www.GracieUniversity.com/GST">www.GracieUniversity.com/GST</a>
<b>Director of Military &amp; Law Enforcement Combatives:</b>	Cell: 817-692-8303   Email: <a href="mailto:GST@GracieUniversity.com">GST@GracieUniversity.com</a>