

# Arrest & Control Instructor - Gracie Survival Tactics Instructor Course

## LEVEL 1 CERTIFICATION



### Host Accommodations & Training Facility Information

City & State of GST Training:	Torrance, CA (USA)
Date of Training:	November 4-8, 2024 (Monday - Friday) for Certification & Re-Certification
Training Hours (40 hours total / 5-Days):	8:00 am to 5:00 pm daily (1 hr. lunch break) - Total 8 training hrs. daily
First & Last Name of Host:	Young-In Lee
Title of Host	GST Operations Manager
Agency Host:	Gracie University Headquarters
Work Telephone:	(310) 893-0400 x 3
Fax:	(424) 600-2049
Host Email:	<a href="mailto:GSTSupport@GracieUniversity.com">GSTSupport@GracieUniversity.com</a>
Name of Training Facility:	Gracie University Headquarters
Full Address of Training Facility:	2440 W. Carson St., Torrance, CA 90501
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 - Must be secured prior to entering mat room in locked storage area
Describe Security access to facility:	No weapons, lethal or less lethal or ammo of any kind in gym training area
Nearest Major Airport:	Los Angeles International Airport (LAX)
Driving minutes from airport to facility:	Approx. 25 minutes
Hotels in Area:	<a href="http://www.miyakohybridhotel.com">http://www.miyakohybridhotel.com</a>   Enter <b>GJJA</b> at checkout for Gracie Rates or call <b>310-212-5111</b> and mention <b>Gracie</b> )
Miyako Hybrid Hotel   21381 S. Western Ave., Torrance, CA 90501	
Bluestem Hotel   2448 Sepulveda Blvd., Torrance, CA 90501	<a href="https://www.choicehotels.com/california/torrance/ascend-hotels/cae97/rates?hotel=CAE97&amp;pu=no&amp;ratePlanCode=LGRPD">https://www.choicehotels.com/california/torrance/ascend-hotels/cae97/rates?hotel=CAE97&amp;pu=no&amp;ratePlanCode=LGRPD</a>   Follow link to book Gracie rates or call <b>310-539-9888</b> and mention "LGRPD"
Courtyard Marriott Torrance/PV   2633 Sepulveda Blvd., Torrance, CA 90505	<a href="http://www.marriott.com">http://www.marriott.com</a>   Go to the Special Rates drop-down options and enter <b>Z7S</b> under Corp/Promo Code to receive our corporate rate)
Nearby Restaurants:	Steve's Burgers, RA Sushi, Tender Greens, Poke Bar, Din Tai Fung, Gen Korean BBQ, California Pizza Kitchen, JangSuJang, North Italia, Frida's
Nearby Attractions:	Disneyland, Hollywood, Universal Studios, the beach cities
<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 40 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 ensure 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 to sworn peace officers only.</li> </ul>	
<b>California POST Certification</b> <p>Gracie University has achieved California POST Certification for the GST program. With this designation, any California Peace Officer who graduates from GST Instructor Certification Program (in person) will have their certification recognized and endorsed by the state of California. Here is the course information/description from the CA POST official website:</p> <p><i>Gracie Survival Tactics covers all of the basic physical skills necessary to safely control a combative suspect, including takedowns, ground control, handcuffing, and weapon retention. In addition, it includes instruction on Use of Force law, Tactical De-escalation Techniques, and extensive instructor development training, including an in-depth study of how to teach psychomotor skills in an adult learning environment. Successful completion of this class satisfies ARSTCTRL PSP for the training cycle in which this course is completed. Per 11CCR1070, successful completion of the course meets minimum training standards for instructors of POST-</i></p>	
<b>CA POST Presenter:</b> Gracie University of Jiu-Jitsu <b>CA POST Presenter Number:</b> 1472 <b>CA POST Course Number:</b> 20795 <b>Certified Hours:</b> 40 <ul style="list-style-type: none"> <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>Gracie University GST Contact Info:</b>	Phone: 310-893-0400 x 3   Email: <a href="mailto:GSTSupport@GracieUniversity.com">GSTSupport@GracieUniversity.com</a>