

Arrest & Control Instructor - Gracie Survival Tactics Instructor Course

LEVEL 1 CERTIFICATION



Host Accommodations & Training Facility Information

City & State of GST Training:	Bakersfield, CA (USA)
Date of Training:	September 16-20, 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 Contact:	John Bishop
Title of Host Contact	Sergeant (Defensive Tactics/Range)
Agency Host:	Bakersfield Police Department
Work Telephone:	661-326-3816
Mobile Telephone:	661-549-5552
Fax:	661-852-2158
Host Email:	jbishop@bakersfieldpd.us
Name of Training Facility:	Bakersfield Police Academy
Full Address of Training Facility:	4646 California Ave., Bakersfield, CA 93309
Square Footage of Matted Area:	2,081 sqft.
Parking Information:	80 spaces available
Are lockers available?	Yes
Are showers available?	Yes
Are weapons allowed in facility?	Yes
Describe Security access to facility:	Open Parking
Nearest Major Airport:	Bakersfield Airport (BFL) Meadows Field
Driving minutes from airport to facility:	11 minutes (8.5 miles)
Hotels in Area:	Hyatt Place Bakersfield: 310 Coffee Rd, Bakersfield, CA Four Points Sheraton Bakersfield: 5101 California Ave, Bakersfield, CA Home 2 Suites by Hilton: 8227 Brimhall Rd, Bakersfield, CA Padre Hotel: 1702 17th St, Bakersfield, CA
Nearby Restaurants:	Firestone Grill, Bok Bok Chicken, Habit Burger, Blaze Pizza, Coconut Joes Beach Grill, Black Bear Diner, Panera Bread, Flame & Skewers, Flame Broiler, Chick-Fil-A, Waba Grill, California Fish Grill, Urbane Café, In-N-Out, Chipotle
Nearby Attractions:	Kern County Museum, Buck Owens Crystal Palace, The Park at Riverwalk, Bakersfield Art Museum, Kern River, Padre Hotel

Attire & Equipment to Bring for Participants:

- 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:

- The GST course consists of 23 stand-up & ground techniques, taught in 40 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 ensure 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 to sworn peace officers only.

California POST Certification
 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:

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 and Tactical Communications 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-certified arrest and control courses.

CA POST Presenter: Gracie University of Jiu-Jitsu
CA POST Presenter Number: 1472
CA POST Course Number: 20795
Certified Hours: 40
 - All GST courses are taught by a Gracie University Master Instructor.

Gracie University GST Website:	www.GracieUniversity.com/GST
Gracie University GST Contact Info:	Phone: 310-893-0400 x 3 Email: GSTSupport@GracieUniversity.com