

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

## LEVEL 1 CERTIFICATION

### Host Accommodations & Training Facility Information



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| <b>City &amp; State of GST Training:</b>   | Merrimack, NH  |
| <b>Date of Training:</b>   | May 13-17, 2024 (Mon - Fri) for <b>Certification &amp; Re-Certification</b>                        |
| <b>Training Hours (30 hours total / 5-Days):</b>   | 8:00 am to 2:00 pm daily (minimal breaks) - Total 6 hrs. daily                                     |
| <b>First &amp; Last Name of Host:</b>  | Michael Marcotte   |
| <b>Title of Host</b>   | Lieutenant   |
| <b>Agency Host:</b>  | Merrimack, NH Police Department  |
| <b>Work Telephone:</b>   | 603-420-1849   |
| <b>Mobile Telephone:</b>   | 603-714-4362   |
| <b>Fax:</b>  | 603-424-1760   |
| <b>Host Email:</b>   | <a href="mailto:mmarcotte@merrimacknh.gov">mmarcotte@merrimacknh.gov</a>                           |
| <b>Name of Training Facility:</b>  | <b>National Guard Training Center (Readiness Center)</b>   |
| <b>Full Address of Training Facility:</b>  | <b>722 Riverwood Drive, Pembroke, NH 03275</b>   |
| <b>Square Footage of the Training Room:</b>  | 4,000 square feet  |
| <b>Square Footage of Matted Area in the training room:</b>   | 2500+ square feet  |
| <b>Parking Information:</b>  | Parking lot  |
| <b>Are Lockers available?</b>  | No   |
| <b>Are Showers available?</b>  | No   |
| <b>Are weapons allowed in facility?</b>  | No   |
| <b>Describe Security access to facility:</b>   | Will need to be let into building  |
| <b>Nearest Major Airport:</b>  | Manchester/Boston Regional Airport   |
| <b>Driving minutes from airport to facility:</b>   | 20 minutes   |
| <b>Hotels in Area:</b>   | The Hotel Concord; The Centennial; Holiday Inn   |
| <b>Nearby Attractions:</b>   | Tanger Outlets; Steeplegate Mall; Numerous Restaurants   |
| <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> |