

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



LEVEL 1 CERTIFICATION

Host Accommodations & Training Facility Information

City & State of GST Training:	Romeoville, IL (USA)
Date of Training:	October 7-11, 2024 (Monday - Friday) for Certification & Re-Certification
Training Hours (30 hours total / 5-Days):	8:00 am to 2:30 pm daily (30-minute lunch break) - Total 6 hrs. daily
First & Last Name of Host:	Matt Bejgrowicz
Title of Host:	Commander
Agency Host:	Romeoville Police Department
Work Telephone:	(815) 886-7219 ext 3090
Mobile Telephone:	(815) 370-3090
Fax:	(815) 886-1108
Host Email:	mbejgrowicz@romeoville.org
Name of Training Facility:	Lewis University (field house)
Full Address of Training Facility:	1 University Pkwy, Romeoville, IL 60446
Square Footage of Matted Area:	3,400 sqft.
Parking Information:	On Site
Are Lockers available?	Yes
Are Showers available?	Yes
Are weapons allowed in facility?	Yes, on campus, but not in the training building.
Describe Security access to facility:	Controlled Access
Nearest Major Airport:	Chicago Midway International Airport (MDW) or Chicago O'Hare International Airport (ORD)
Driving minutes from airport to facility:	Approx. 35 min from Midway / Approx. 50 min from O'Hare
Hotels in Area:	Holiday Inn Express, Country Inn & Suites, Aloft, Residence Inn
Nearby Restaurants:	Everything you can imagine with in 15 minutes.
Nearby Attractions:	You name it, Chicagoland has it.

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 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 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 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.

POST Credit for GST Completion

While the hosting state does not currently offer POST credit for GST completion, if you are attending the course from out of state, you may qualify for POST credit in your state. The GST course is now POST Certified in over 35 states in America, making Gracie University the only jiu-jitsu organization in the country to achieve this distinction. The International Association of Directors of Law Enforcement Standards and Training (IADLEST) launched the National Certification Program (NCP) to establish law enforcement training standards and "best practices" relating to improved professionalism and skill sets for the nation's first responders. Since NCP courses are recognized nationally, any time a Peace Officer from one of the member states completes GST Level 1 Instructor Certification Program (in person), the training hours will count towards the officer's mandatory in-service training requirements. To confirm that your state is an IADLEST member, please visit GracieUniversity.com/POST.

GST IADLEST Course Number: 23641-2305
 - 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