

Gracie Survival Tactics (GST) Military/Law Enforcement Instructor Certification Course
LEVEL 2 CERTIFICATION

Host Accommodations & Training Facility Information

City & State of GST Training:	Chesapeake, VA (USA)
Date of Training:	July 13-17, 2020 (Mon - Fri) for Certification and Re-Certification
Training Hours (30 hours total):	8:00 am to 2:30 pm daily (minimal breaks) - Total 6 hrs. daily
First & Last Name of Host:	Heather Burton
Title of Host:	Police Officer
Agency Name:	Chesapeake Police Department
Work Telephone:	(757) 382-1529
Mobile Telephone:	N/A
Other Telephone:	(757) 382-1525
Fax:	N/A
Host Email:	Hburton@CityofChesapeake.net
Name of Training Facility:	Norfolk Karate
Full Address of Training Facility:	814-A 45th St. Norfolk, VA 23508
Square Footage of Matted Space:	3,500 sqft.
Parking Information:	Parking available on street, sides of building, and public garage one block west.
Are Lockers available?	Yes, small lockers for securing valuables and weapons (bring own lock)
Are Showers available?	No
Are weapons allowed in facility?	Yes
Describe Security access to facility:	N/A
Nearest Major Airport	Norfolk International Airport
Driving minutes from airport to facility:	Approximately 20 minutes
Hotels in area:	
<ul style="list-style-type: none"> - Old Dominion University Spring Hill Suites (Marriott) One block walk - Multiple options in downtown Norfolk 15 minute drive; best for dining and entertainment after-hours - Cheapest option near Norfolk Naval Base (Hampton Inn and Quality Inn) 10 minute drive 	
Nearby Restaurants:	A variety of fast food restaurants within 1-2 blocks of the school
Nearby Attractions:	Beach, zoo, museums, naval base tours
Attire & Equipment to Bring for Participants:	
<ul style="list-style-type: none"> - Tops: T-shirt (Long Sleeve recommended) or sweats. No Gi top! - Bottoms: Long loose fitting athletic pants, kimono pants or tactical pants. - Feet: Barefoot recommended- no footwear other than wrestling shoes (Please clip fingers and toes if barefoot). - NEW: Duty belt/web gear, applicable holster, body armor, as well as an appropriate training handgun. (Helmet is not part of training but may be used with permission from instructor.) - Other: Bring snacks, fruit & hydration drinks. Optional: Groin & mouth protection. 	
GST Level 2 Overview: Since 2011, the Gracies have actively been gathering reports and recommendations from GST Instructors around the world. There were four contributors that went above and beyond in helping the Level 2 course come together. Our special thanks to Charlie Moore (US Marshals Service), Chuck Smith (US Customs and Border Protection), Charles Fernandez (Arlington, TX PD), and Craig Hanaumi (Bellevue, WA PD). Altogether, the GST Level 2 course features 16 totally new lessons including, but not limited to: Handcuffing Procedures, Weapon Retention Strategies (standing and ground), Multiple Officer Arrest Procedures, Gracie Two-man Takedown Techniques, Edged Weapon Defense Strategies (standing and ground), Standing Wall-Control Tactics, CQB Ground Control Tactics and Gracie Teaching Methodologies.	
2 Mystery Lessons TBD (To Be Developed): In addition to the 16 new lessons, Ryron and Renner Gracie intend to collaborate with the Level 2 course participants to create at least two totally new lessons during the actual course. The course participants will make suggestions for the topic of the mystery lessons based on common threat scenarios that haven't been addressed, and the Gracie Brothers will apply their knowledge and work with the participants to devise reliable solutions. In other words, GST will continue evolving to meet the demands of those whose lives depend on it.	
Bring Your Duty Belt and Training Gear: Several of the GST Level 2 weapon retention techniques will be practiced using the duty belt. In order to maximize training benefit, course participants must bring their duty belt/assault vest/web gear, applicable holster, as well as an appropriate training handgun and training handcuffs for use during the week. Please note: absolutely no live weapons will be permitted in the training area at any time. Please do NOT bring: firearms, knives, less lethal devices, etc.	
GST Level 2 (L2) Qualification Requirements + GST Level 1 (L1) Recertification	
In order to participate in the Level 2 GST course, participants must have completed GST Level 1 within the last two years. In addition to certifying instructors in the 16 new lessons and 2 mystery lessons, the Level 2 course will also serve as Level 1 recertification for all who attend. As part of the recertification benefits, Level 2 graduates will also be granted access to the complete GST Level 1 & 2 course online through Gracie University. The online GST access will remain for the duration of the certification period.	
<ul style="list-style-type: none"> - 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. - All GST courses are taught by a Gracie University Master Instructor. 	
Gracie University GST Website:	www.GracieUniversity.com/GST
Director of Military/Law Enforcement Combatives:	Cell: 817-692-8303 Email: GST@GracieUniversity.com