

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

LEVEL 1 CERTIFICATION

Host Accommodations & Training Facility Information

City & State of GST Training:	Lakewood, WA (USA)
Date of Training:	August 3-7, 2020 (Mon - Friday) for Certification & Re-Certification
Training Hours (30 hours total / 5-Days):	8:00 am to 2:30 pm daily (minimal breaks) - Total 6 hrs. daily
First & Last Name of Host:	John Babcock
Title of Host:	Officer
Agency Host:	Lakewood PD
Work Telephone:	(253) 830-5000
Mobile Telephone:	(206) 251-0315
Other Telephone:	N/A
Fax:	N/A
Host Email:	Jbabcock@cityoflakewood.us
Name of Training Facility:	Fife High School
Full Address of Training Facility:	5616 20th St E, Tacoma, WA 98424
Square Footage of Matted Area:	6,400 sqft.
Parking Information:	There are at least 200 + parking spots (east side of the high school student parking lot).
Are Lockers available?	No
Are Showers available?	Yes in men's locker room
Are weapons allowed in facility?	Yes - only for police officers
Describe Security access to facility:	this is a High school gym that has two basketball courts and a wrestling room.
Nearest Major Airport:	Seatac
Driving minutes from airport to facility:	40
Hotels in Area:	
Not recommended to stay in the Fife motels due to high crime rate. Tacoma has a couple of motels that are less than 5 miles away.	
Nearby Restaurants:	Many fast-food restaurants in the area and a couple sit down places
Nearby Attractions:	EQC casino, Wild Waves, Tacoma Waterfront, Mountain Rainer is about two hours away and Seattle is about an hour away (depending on traffic).
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, 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:	
<ul style="list-style-type: none">- 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 insure 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. - 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