

Gracie Survival Tactics (GST) Military/Law Enforcement Instructor Certification Course
LEVEL 1 CERTIFICATION

Host Accommodations & Training Facility Information

City & State of GST Training:	York, PA (USA)
Date of Training:	September 20-24, 2021 (Mon - Thursday) for Certification & Re-Certification
Training Hours (30 hours total / 5-Days):	8:00 am to 2:00 pm daily (minimal breaks) - Total 6 hrs. daily
First & Last Name of Host:	Seth Arnold
Title of Host	Patrolman
Agency Host:	Northwest Regional Police Department
Work Telephone:	(717) 367-8481 Ext. 112
Mobile Telephone:	(717) 304-9932
Other Telephone:	N/A
Fax:	717-367-3382
Host Email:	sarnold@NWRPD.org
Name of Training Facility:	York Brazilian Jiu Jitsu
Full Address of Training Facility:	3130 W. Market St, York, PA 17404
Square Footage of Matted Area:	2800 sqft.
Parking Information:	Parking Lot out front of Building(Pucillo Gymnasium)
Are Lockers available?	No
Are Showers available?	No
Are weapons allowed in facility?	No
Describe Security access to facility:	N/A
Nearest Major Airport:	Harrisburg International Airport, 1 Terminal Dr, Middletown, PA 17057
Driving minutes from airport to facility:	45min to 1hr
Hotels in Area:	Holiday Inn Express, Wyndham Garden York, Tru by Hilton York
Nearby Restaurants:	Stonybrook Family Restaurant, The First Post, The Left Bank Restaurant
Nearby Attractions:	Turkey Hill Experience , The Haines Shoe House
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