

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

## LEVEL 1 CERTIFICATION

### Host Accommodations & Training Facility Information

City & State of GST Training:	Omaha, NE (USA)
Date of Training:	December 7-11, 2020 (Mon - Friday) 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:	Brian Bonifas
Title of Host:	Police Officer
Agency Host:	Metropolitan Community College Police Department
Work Telephone:	(402) 319-1101
Mobile Telephone:	(402) 319-1101
Other Telephone:	N/A
Fax:	N/A
Host Email:	<a href="mailto:bbonifas@mccneb.edu">bbonifas@mccneb.edu</a>
Name of Training Facility:	<b>Metropolitan Community College</b>
Full Address of Training Facility:	<b>5300 N. 30th Street Building 24, Omaha, NE 68111</b>
Square Footage of Matted Area:	4,000 sqft.
Parking Information:	Free parking available
Are Lockers available?	No
Are Showers available?	No
Are weapons allowed in facility?	Only by certified LEOs; Must be visually identifiable as Law Enforcement to carry on campus (Badge, Shirt with clear "Police", "Trooper" etc.
Describe Security access to facility:	College Campus
Nearest Major Airport:	Eppley Airfield
Driving minutes from airport to facility:	Approximately 30 minutes
Hotels in Area:	- Embassy Suites by Hilton (Omaha Downtown Old Market)   555 S. 10th St. Omaha, NE 68102 - Hotel Deco (Omaha/Downtown-Old Market)   1504 Harney St. Omaha, NE 68102 - Holiday Inn & Suites Council Bluffs I-29   2202 River Rd. Council Bluffs, IA 51501   (712) 322-5050
Nearby Restaurants:	Sullivan's Steakhouse   222 S 15th St #100, Omaha, NE 68102
Nearby Attractions:	Omaha's Henry Doorly Zoo and Aquarium   3701 S 10th St, Omaha, NE 68107
Attire & Equipment to Bring for Participants:	<p>- Tops: T-shirt (Long Sleeve recommended) or sweats. No Gi top!</p> <p>- Bottoms: Long loose fitting athletic pants, tactical pants or Gi pants. Shorts acceptable but not recommended.</p> <p>- Feet: Barefoot recommended- no footwear other than wrestling shoes.</p> <p>- <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.</p> <p>- 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)</p> <p>- Don't forget to wear inner belt so that the gun belt can be securely fastened.</p> <p>- 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.</p> <p>- Other: Bring snacks, fruit &amp; hydration drinks. Finger &amp; toe nails must be clipped.</p>
GST Overview:	<p>- The GST course consists of 23 stand-up &amp; ground techniques, taught in 30 hours over a 5-day period.</p> <p>- Techniques address most common threat scenarios encountered by Military &amp; Law Enforcement personnel in the field.</p> <p>- These Gracie Survival Tactics (GST) are extremely effective when you are up against much larger &amp; stronger opponents.</p> <p>- Instructors reduce liability for their agency when they learn safe, effective &amp; proven reality-based techniques.</p> <p>- 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.</p> <p>- 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.</p> <p>- All GST courses are taught by a Gracie University Master Instructor.</p>
Gracie University GST Website:	<a href="http://www.GracieUniversity.com/GST">www.GracieUniversity.com/GST</a>
Director of Military & Law Enforcement Combatives:	Cell: 817-692-8303   Email: <a href="mailto:GST@GracieUniversity.com">GST@GracieUniversity.com</a>