**City & State of GST Training:**
Torrance, CA (USA)

**Date of Training:**
September 14-18, 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:**
Jackie Aure

**Title of Host:**
Director of Student Services

**Agency Host:**
Gracie University Headquarters

**Work Telephone:**
(310) 893-0400 x 2

**Mobile Telephone:**
N/A

**Other Telephone:**
N/A

**Fax:**
(310) 893-0403

**Host Email:**
Jackie@GracieUniversity.com

**Name of Training Facility:**
Gracie University Headquarters

**Full Address of Training Facility:**
2440 W. Carson St. Torrance, CA 90501

**Square Footage of Matted Area:**
5,000 sqft

**Parking Information:**
Parking available on site

**Are Lockers available?**
Yes

**Are Showers available?**
Yes

**Are weapons allowed in facility?**
Yes - Secured prior to entering mat room in locked storage area

**Describe Security access to facility:**
No weapons, lethal or less lethal or ammo of any kind in gym training area

**Nearest Major Airport:**
Los Angeles International Airport (LAX)

**Driving minutes from airport to facility:**
Approximately 25 minutes

**Hotels in Area:**
- Courtyard Marriott | Los Angeles Torrance/Palos Verdes 2633 Sepulveda Blvd. Torrance, CA 90504
- Miyako Hybrid Hotel | 21381 S. Western Ave. Torrance, CA 90501 | (enter GIJA at checkout for Gracie Rates)
- Best Western Plus Avita Suites Torrance | 3531 Torrance Blvd. Torrance, CA 90503

**Nearby Restaurants:**
- PF Changs, RA Sushi, Brio, Tender Greens, Poke Bar, Madre, Restoration Kitchen, Gen Korean BBQ, California Pizza Kitchen

**Nearby Attractions:**
Gracie Museum, Disneyland, Hollywood, Universal Studios & Beaches

**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.

**Gracie University GST Website:**
www.GracieUniversity.com/GST

**Director of Military & Law Enforcement Combatives:**
Cell: 817-692-8303 | Email: GST@GracieUniversity.com