

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



LEVEL 2 CERTIFICATION

Host Accommodations & Training Facility Information

City & State of GST Training:	Norfolk, VA (USA)
Date of Training:	February 3-7, 2025 (Monday-Friday) for Certification & Re-Certification
Training Hours (35 hours total):	8:00 am to 3:30 pm daily (30-minute lunch break) - Total 7 hrs. daily
First & Last Name of Host:	Derrick Fitzgerald
Title of Host:	Police Officer
Agency Name:	Chesapeake Police Department
Work Telephone:	757-382-6161 (Dept. Non-Emergency)
Mobile Telephone:	757-749-6643
Fax:	757-621-8997
Host Email:	dmfitzgerald@cityofchesapeake.net
Name of Training Facility:	Gracie Jiu-Jitsu Norfolk/Norfolk Karate Academy
Full Address of Training Facility:	814 45th Street, Norfolk, VA 23508
Square Footage of Matted Space:	3,200 SF with 900 SF overflow mat (total 4,100 SF)
Parking Information:	On street and in university parking garage two blocks away
Are Lockers available?	Small lockers (bring own lock) for valuables
Are Showers available?	One for staff, but could be made available if needed.
Are weapons allowed in facility?	Yes
Describe Security access to facility:	None - open martial arts gymnasium
Nearest Major Airport	Norfolk International Airport
Driving minutes from airport to facility:	18 minutes
Hotels in area:	Spring Hill Suites Marriott-Old Dominion University (two blocks from training site), all chains available near airport and downtown within 15 minutes of training site
Nearby Restaurants:	Multiple options on university restaurant corridor one block away
Nearby Attractions:	Battleship Wisconsin, MacArthur Memorial, zoo, beach (it will be cold)
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. 	
<p>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.</p>	
<p>2 Mystery Lessons TBD (To Be Developed): In addition to the 16 new lessons, Ryon 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.</p>	
<p>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.</p>	
<p>GST Level 2 (L2) Qualification Requirements + GST Level 1 (L1) Recertification</p> <p>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.</p>	
<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
Gracie University GST Contact Info:	Phone: 310-893-0400 x 3 Email: GSTSupport@GracieUniversity.com