

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

## LEVEL 1 CERTIFICATION

### Host Accommodations & Training Facility Information

<b>City &amp; State of GST Training:</b>	Lakewood, NJ (USA)
<b>Date of Training:</b>	February 14-18, 2022 (Monday - Friday) for <b>Certification &amp; Re-Certification</b>
<b>Training Hours (30 hours total / 5-Days):</b>	8:00 am to 2:00 pm daily (minimal breaks) - Total 6 hrs. daily
<b>First &amp; Last Name of Host:</b>	Tom Slinchak
<b>Title of Host:</b>	Sergeant
<b>Agency Host:</b>	Ocean County Sheriff's Office/Office County Police Academy
<b>Work Telephone:</b>	(732) 363-8710 x. 20
<b>Mobile Telephone:</b>	(732) 539-4153
<b>Other Telephone:</b>	(732) 600-8196
<b>Fax:</b>	(732) 363-1619
<b>Host Email:</b>	<a href="mailto:Tslinchak@co.ocean.nj.us">Tslinchak@co.ocean.nj.us</a>
<b>Name of Training Facility:</b>	<b>Ocean County Police Academy/Shore Thing Wrestling Club</b>
<b>Full Address of Training Facility:</b>	<b>659 Ocean Avenue Lakewood, NJ 08701/175 Oberlin Avenue North Lakewood, NJ 08701</b>
<b>Square Footage of Matted Area:</b>	2000 sqft.
<b>Parking Information:</b>	Limited parking at the off site location/We can shuttle from the Academy to the off site location if need be
<b>Are Lockers available?</b>	No
<b>Are Showers available?</b>	Yes at the Academy/No at the off site
<b>Are weapons allowed in facility?</b>	Yes
<b>Describe Security access to facility:</b>	Academy is a secured facility with one main entrance/Off site is a closed private wrestling club
<b>Nearest Major Airport:</b>	Trenton Mercer(TTN) and Newark Liberty(EWR)
<b>Driving minutes from airport to facility:</b>	56 Minutes to TTN and 54 Minutes to EWR
<b>Hotels in Area:</b>	Hilton Garden Inn - Lakewood, NJ; Hampton Inn - Neptune, NJ; Clarion - Toms River, NJ
<b>Nearby Restaurants:</b>	Please see Host.
<b>Nearby Attractions:</b>	Seaside Heights, Asbury Park Boardwalks
<b>Attire &amp; Equipment to Bring for Participants:</b>	<ul style="list-style-type: none"><li>- Tops: T-shirt (Long Sleeve recommended) or sweats. No Gi top!</li><li>- Bottoms: Long loose fitting athletic pants, tactical pants or Gi pants. Shorts acceptable but not recommended.</li><li>- Feet: Barefoot recommended- no footwear other than wrestling shoes.</li><li>- <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.</li><li>- 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)</li><li>- Don't forget to wear inner belt so that the gun belt can be securely fastened.</li><li>- 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.</li><li>- Other: Bring snacks, fruit &amp; hydration drinks. Finger &amp; toe nails must be clipped.</li></ul>
<b>GST Overview:</b>	<ul style="list-style-type: none"><li>- The GST course consists of 23 stand-up &amp; ground techniques, taught in 30 hours over a 5-day period.</li><li>- Techniques address most common threat scenarios encountered by Military&amp; Law Enforcement personnel in the field.</li><li>- These Gracie Survival Tactics (GST) are extremely effective when you are up against much larger &amp; stronger opponents.</li><li>- Instructors reduce liability for their agency when they learn safe, effective &amp; proven reality-based techniques.</li> <li>- 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.</li> <li>- 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.</li> <li>- All GST courses are taught by a Gracie University Master Instructor.</li></ul>
<b>Gracie University GST Website:</b>	<a href="http://www.GracieUniversity.com/GST">www.GracieUniversity.com/GST</a>
<b>Director of Military &amp; Law Enforcement Combatives:</b>	Cell: 817-692-8303   Email: <a href="mailto:GST@GracieUniversity.com">GST@GracieUniversity.com</a>