

# Arrest & Control Instructor - Gracie Survival Tactics Instructor Course

## LEVEL 1 CERTIFICATION

### Host Accommodations & Training Facility Information



<b>City &amp; State of GST Training:</b>	<b>Napa, CA (USA)</b>
<b>Date of Training:</b>	April 24-28, 2023 (Mon - Friday) for <b>Certification &amp; Re-Certification</b>
<b>Training Hours (40 hours total / 5-Days):</b>	8:00 am to 5:00 pm daily (1 hr. lunch break) - Total 8 training hrs. daily
<b>First &amp; Last Name of Host:</b>	Lori Tomskey
<b>Title of Host</b>	Training Coordinator
<b>Agency Host:</b>	Santa Rosa Police Department
<b>Work Telephone:</b>	(707) 543-3585
<b>Mobile Telephone:</b>	N/A
<b>Other Telephone:</b>	N/A
<b>Fax:</b>	N/A
<b>Host Email:</b>	<a href="mailto:L.Tomskey@srcity.org">L.Tomskey@srcity.org</a>
<b>Name of Training Facility:</b>	<b>Napa Valley College</b>
<b>Full Address of Training Facility:</b>	<b>2277 Napa Vallejo Hwy, Napa, CA 94558</b>
<b>Square Footage of Matted Area:</b>	3478sqft.
<b>Parking Information:</b>	**Applying for waived parking following confirmation of course dates
<b>Are Lockers available?</b>	Not in the mat room, available in a adjacent building
<b>Are Showers available?</b>	Not in the mat room, available in a adjacent building
<b>Are weapons allowed in facility?</b>	No
<b>Describe Security access to facility:</b>	Door locks, fire alarms, no security alarms and 24/7 college security
<b>Nearest Major Airport:</b>	Sonoma County Airport, Oakland International Airport, Sacramento International Airport
<b>Driving minutes from airport to facility:</b>	Approximately 1 hr. from all major airports
<b>Hotels in Area:</b>	
- Best Western Plus Inn At The Vines, Hampton Inn & Suites Napa, Hawthorn Suites by Wyndham Napa Valley	
<b>Nearby Restaurants:</b>	In-n-out, Applebee's, Chetuphon Thai, NapaSport Steakhouse and Sports Bar, The Forge Handcrafted Pizza and Brewpub Napa, Panda Express
<b>Nearby Attractions:</b>	Wineries, Breweries, Six Flags Discovery Kingdom
<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 40 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 to sworn peace officers only.</li> </ul>	
<b>California POST Certification</b>	
Gracie University has achieved California POST Certification for the GST program. With this designation, any California Peace Officer who graduates from GST Instructor Certification Program (in person) will have their certification recognized and endorsed by the state of California. Here is the course information/description from the CA POST official website:	
<i>Gracie Survival Tactics covers all of the basic physical skills necessary to safely control a combative suspect, including takedowns, ground control, handcuffing, and weapon retention. In addition, it includes instruction on Use of Force law, Tactical De-escalation Techniques, and extensive instructor development training, including an in-depth study of how to teach psychomotor skills in an adult learning environment. Successful completion of this class satisfies ARSTCTRL PSP for the training cycle in which this course is completed. Per 11CCR1070, successful completion of the course meets minimum training standards for instructors of POST-certified arrest and control courses.</i>	
<b>CA POST Presenter:</b> Gracie University of Jiu-Jitsu	
<b>CA POST Presenter Number:</b> 1472	
<b>CA POST Course Number:</b> 20795	
<b>Certified Hours:</b> 40	
- All GST courses are taught by a Gracie University Master Instructor.	
<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>