

Gracie Survival Tactics
Level I
Medical Review
Dr. Megan Lisset Jimenez

October 1st, 2022

Esteemed colleagues and Jiu Jitsu community,

As an Orthopaedic Surgeon in LaGrange, Georgia I was given the opportunity to participate in the Gracie Survival Tactics (GST) Level I Instructor Certification Program. Of course, I jumped at the opportunity to take a week off from work and attend this truly incredible course. This course not only taught me more about Jiu Jitsu, but also improved my confidence on the street. While all the basic Jiu Jitsu concepts are the same, many techniques are quite different and are tailored to controlling a “bad guy” in a safe and effective manner. The techniques taught in the course are more likely to keep both the officer and perpetrator uninjured when applied correctly. Safety was the #1 priority throughout the course. The emphasis was on controlling suspects rather than utilizing harmful tactics that could lead to an injured officer or perpetrator.

In addition to the tactical aspect of the course, the Professors instruct the students on effective teaching techniques. Nearly an entire day of the course is spent on becoming an engaging teacher. I have been teaching medical students, residents, and Jiu Jitsu practitioners of all ages for many years with wonderful feedback throughout the years. After attending GST, I can say the feedback has truly sky rocketed. My teaching style has become even more engaging. I am more connected with people and have created a more comfortable environment where questions are safe!

I fully recommend this class to law enforcement, military personnel, and civilians to improve their self-defense (should they ever need it) and to improve confidence especially for those in leadership positions.

Sincerely,

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