



OFFICIAL INSTRUCTOR HANDBOOK

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***Gracie Academy Premium Picks (GAPP)**

If you do not have enough time to teach all the GST techniques in your defensive tactics program, we recommend you focus your efforts on the GAPP techniques, since they are most likely to be used in an altercation.

Introduction

The Gracie Family

In the late 1920s, Helio Gracie was introduced to traditional Japanese Jiu-Jitsu by his older brother, Carlos, but, due to his frail physique, he was unable to employ the techniques effectively. Eager to make the art work for him, Helio began modifying the techniques, one by one, replacing strength-based movements with leverage-based ones while focusing more on patience and timing than explosiveness. This process gave birth to Brazilian or Gracie Jiu-Jitsu. In order to test the effectiveness of his system, Helio dedicated the next 20 years of his life to challenging every reputable martial artist in Brazil. By defeating several opponents, some of whom outweighed him by 100lbs or more, Helio was able to establish the undeniable superiority of his self-defense system.

In 1978, Helio's first-born son, Rorion Gracie, came to the U.S. with the dream of sharing Gracie Jiu-Jitsu with the world. He began by teaching classes out of his garage in Southern California, until eventually he could not accommodate the growing number of students. In 1989, Rorion and his brothers opened the first Gracie Jiu-Jitsu Academy in Torrance, CA. Then, in 1993, Rorion created the UFC with the objective of demonstrating the effectiveness of Gracie Jiu-Jitsu to the world. He selected his brother Royce to represent the family. By defeating all his opponents with the fundamental techniques of Gracie Jiu-Jitsu, Royce showed the world that leverage, technique, patience, and timing can overcome size, strength, explosiveness, and aggressiveness.

The U.S. Army Goes Gracie

After the UFC took the world by storm in 1993, people all over the world realized that Gracie Jiu-Jitsu was the only system that would give someone a realistic chance against a larger, more athletic opponent. The US Army was among the first to recognize the effectiveness of our self-defense system. In 1994, they contacted Rorion Gracie and asked him to develop an intensive course based on the most effective techniques of Gracie Jiu-Jitsu, which would give soldiers maximum hand-to-hand combat effectiveness, in the least amount of time, with the least amount of injuries. The result was Gracie Combatives. Since the inception of the Gracie Combatives course, we have taught the techniques to special operations forces including US Army Special Forces, US Army Rangers, and US Navy SEALs, the CIA, and conventional units in the US Army, US Navy, US Air Force, US Marine Corps, and US Coast Guard. In January 2002, the U.S. Army officially adopted Gracie Jiu-Jitsu as the foundation for its Modern Army Combatives Program (MACP) with the publication of a manual based primarily on the original program designed by the Gracies.

Concurrently, members of the law enforcement community asked Rorion and Royce to develop a program that police officers could use that was non-violent and court-defensible. The result was G.R.A.P.L.E. (Gracie Resisting Attack Procedures for Law Enforcement), a specialized defensive tactics program that has since been adopted by virtually every federal law enforcement agency, including the FBI, US Secret Service, and US Border Patrol, along with countless state, county, and local law enforcement agencies.

GST – The Ultimate Solution

Today, assaults against law enforcement officers and excessive force allegations are at an all-time high. Since the 9/11 terrorist attacks, it is also common for military personnel to be assigned humanitarian missions, which often consist of performing police duties in foreign countries. To accommodate the needs of our clients during these changing times and blurred lines of the battlefield, Rorion and Renner Gracie merged the highly effective, easy-to-learn techniques of the original Gracie Combatives military course with the court-defensible G.R.A.P.L.E. course to form Gracie Survival Tactics (GST), the ultimate combatives/defensive tactics solution for any military or law enforcement organization.

The 5 Pillars of GST

Through the GST program, our goal isn't merely to teach defensive tactics to an agency but rather to provide the agency with the tools to completely transform its culture from the inside out. This culture shift occurs at an agency when the following five pillars are in place.



De-Escalation Culture

Above everything else, in GST, we teach systems and strategies to reduce the intensity of each encounter, gain voluntary compliance, and mitigate the need for a higher level of force. Once this culture of de-escalation has permeated an agency, the question isn't "What's the highest level of justifiable force for this encounter?" but rather, "What's the lowest level of force needed to neutralize the threat and/or take the subject into custody?"



Sound Decision Making

Through GST, we condition officers to make effective decisions under the most challenging of circumstances. The "Amygdala Hijack" is known to occur when an officer experiences loss of control in a high-stress situation, at which point they are no longer able to make effective decisions. By teaching officers how to manage physical encounters calmly and effectively, they're able to maintain the cognitive function of their Prefrontal Cortex so that they can make sound decisions even under the most stressful of circumstances.



Mission Specific Tactics

Brazilian Jiu-Jitsu (BJJ) is a rapidly growing sport, but at most BJJ schools, the practice of the art is tailored to sportive grappling competition rather than self-defense. Unless the art is adapted for law enforcement applications, there are many facets of BJJ that would not only be ineffective in law enforcement but could potentially increase liability for the officer and the agency. GST is the most widely adopted jiu-jitsu based defensive tactics program in the world because every technique has been highly scrutinized and specifically adapted for law enforcement application.



Injury Reduction on Both Sides

At most agencies, defensive tactics training is conducted with a "fight club" mentality, which not only leads to higher rates of training injuries, but it discourages the officers who need the most training from attending. In GST, graduates are empowered with a turn-key curriculum and the time-tested Gracie Teaching Methodologies that will make DT classes safe, productive, and encouraging for all officers at the agency, so that they want to come back for more. Best of all, because of the control-based nature of the techniques, published data at agencies where officers engage in regular jiu-jitsu practice has revealed a reduction in officer field injuries by as much as 48% and reduction in subject injuries by as much as 53%.



Community Trust Building

There is nothing that erodes trust in a community more rapidly than when law enforcement officers use force that is perceived as inhumane and/or excessive, particularly in situations where a lower level of force could have reasonably been applied. Since GST teaches techniques that are so humane in their application and so benign in their appearance, the chances that an officer uses force in a manner that is likely to incite the community is drastically reduced, and only in the absence of inciting incidents can the foundation for a trust-building relationship with the community be established.

The GST Tactical Truths

According to the FBI in 2009, there were 57,268 sworn law enforcement officers assaulted in the line of duty. The largest percentage of victim officers (32.6) were assaulted during disturbance calls (family quarrels, bar fights, etc.). Of the assaults, 81.4 percent (46,616) were committed by unarmed perpetrators who only used their personal weapons (hands, fists, feet, etc.) to assault the officer. A problem well understood is a problem half solved.

An encounter between a military/law enforcement professional and a resistant subject is vastly different in a street fight compared to an MMA match. Yet, some combatives/defensive tactics programs taught by professional martial artists make no distinction. GST is the fastest-growing combatives/defensive tactics program in the world because it is the only “jiu-jitsu based” program that is 100% law enforcement applicable and has also been proven time and time again in actual combat by US military troops deployed globally. The GST program was developed and refined over nearly 20 years based on these three truths:

1. **The subject always has the ambush advantage.**

In a real fight, there is no referee to start or stop the fight when you are getting assaulted, and there are no weight classes, time limits, or rules to save you either. Only the subject knows when and how he will attack. Any time you are close enough to conduct a pat-down or to exchange documents, you are close enough to be ambushed. In the GST program, we teach simple and effective sudden assault defense strategies that enable you to neutralize the threat and achieve a position of advantage while minimizing injury to yourself and the subject.

2. **Never grapple with the subject by choice.**

If you enter a “grappling match” with the subject, you put yourself in great danger since the subject could take your weapons and use them against you. If, however, the fight goes to the ground against your will, you must know what to do. In the GST program, we teach time-tested escape techniques that can be used to get you off the ground and back to your feet so that you can establish distance and utilize the appropriate force option to neutralize the threat. GST also features a series of leverage-based weapon retention principles you can apply in any grappling scenario to keep your weapons secure until you have the opportunity to disengage from the ground fight. Our philosophy is simple: “Learn how to fight on the ground so you don’t have to.”

3. **In a street fight, there is no “tap-out.”**

In MMA and sportive jiu-jitsu matches, the tap-out works immediately; in a fight for your life against someone who wants to injure or kill you, a tap-out will not save you. For military and law enforcement professionals, we understand that victory isn’t achieved until you neutralize the threat and apprehend the subject. In the GST program, we have devised a series of simple, yet reliable handcuffing procedures you can use from virtually every position in the fight, and the techniques are applicable to both solo and partner arrest scenarios.

What Sets GST Apart?

With dozens of new defensive tactics courses popping up every year, it’s hard to differentiate between one course and the next. Aside from the fact that the program has been developed and refined over nearly three decades, here are some of the key factors that set GST apart from the rest.

5-Day Instructor Certification

The GST Instructor Certification Course is a 30-hour hands-on course that takes place over five consecutive days. The course is held dozens of times per year at various military bases, police departments, and federal agencies throughout the U.S. and abroad. There is no experience necessary to participate in the course, and upon completion, course participants are certified to teach the GST program to their colleagues using the Gracie system.

Universal Applicability

The techniques in the GST program are designed to be effective for any military or law enforcement professional regardless of age, gender, size, or athletic ability (we recommend a minimum level of fitness). While most other defensive tactics programs rely on the strength, speed, and coordination of the user, all the techniques in the GST program are based entirely on leverage, timing, and efficient use of energy so that they can be successfully applied by anyone against a larger, stronger subject in the field.

Reduced Liability

One allegation of excessive force can undermine a Law Enforcement organization's authority and jeopardize its relationship with the community it serves. All the techniques in the GST course are specifically designed to be maximally effective, while at the same time minimally injurious to the subject on whom they are being applied. Nearly all of the organizations that have adopted the GST program have reported a significant decrease in the number of excessive force allegations.

GST Online Video Course

To increase technical retention and to make the GST course available to as many military and law enforcement professionals as possible, we digitally captured the entire course and made it available via streaming online video through GracieUniversity.com. Graduates of the 5-day Instructor Certification course are given free access to the online course so they can review their techniques 24/7 and remain up to date on any new/modified techniques. The online course is also available for purchase by those who cannot make it to the live certification course.

Tactical Gear Tested

There are many martial arts techniques that are perfectly applicable and highly effective when wearing normal street clothes but are totally useless when applied by someone who is wearing restrictive body armor or a bulky duty belt. Before any technique is added to the GST program, it is thoroughly tested to make sure that it can be applied in the restrictive tactical gear. In fact, in the online GST course, we included full tactical gear demos so that you can see how effectively all techniques can be applied, regardless of the body armor and duty belt restrictions!

Multiple Certification Levels

There are currently two levels of certification in the GST program. Level 1 is the 5-day course that provides participants with the core techniques, as well as the most important Gracie Teaching methodologies. Upon successful completion of GST Level 1, the instructors qualify to attend the Level 2 GST Instructor Certification Course. This course is also 5-days long, but it provides the participants with an entire arsenal of new techniques, including, but not limited to Advanced Weapon Retention, Multi-Officer Arrest and Control Strategies, CQB strategies for domestic disturbance scenarios, Edged Weapon Defenses, and much more!

A "Living" Curriculum

Gracie Survival Tactics is a living curriculum that is constantly evolving to meet the needs of those whose lives depend on it. Since 1993, our techniques have been taught to hundreds of thousands of Military and Law enforcement professionals by GST certified instructors. Over the years, we've received hundreds of reports from professionals who have used the techniques in the field. With their feedback, we've been able to modify, adapt, and, on some occasions, add new techniques to the GST program, so that it continues to serve as the most cutting-edge, yet user-friendly, combatives/defensive tactics program in the world today.

The 4-Hour GST Training Module

Although the exact amount of combatives/defensive tactics training time varies from one organization to the next, from what we've gathered over the years, most Law Enforcement agencies provide somewhere between 4 and 8 hours of defensive tactics training to their in-service officers each year. In the Level 1 GST Instructor Certification Course, not only are the course participants certified to teach all GST techniques, but they are given precise instruction on how to administer a condensed training course for their colleagues in 4-, 8-, or 12-hour training blocks.

Dealing With Trained Subjects

MMA is the fastest-growing spectator sport in the world, and the general public's knowledge of basic fighting strategies and techniques is at an all-time high. Consequently, there is a very real risk that a military or law enforcement professional will encounter a subject with some form of mixed martial arts training. Fortunately, the GST program is specifically designed to give any military or law enforcement professional – regardless of age, gender, or athletic ability – the skills to 1) Neutralize the immediate threat from an aggressive subject, 2) Retain control of their weapons during the fight, and 3) Achieve a position of advantage so they can utilize the appropriate force option.

The 60-Day Success Strategy

When completing the GST Level 1 Instructor Certification Program online, you have exactly 60-days to complete the program. On or before this deadline, you will need to upload five evaluation videos demonstrating proficiency in all the techniques and teaching methodologies presented throughout the program. If you do not complete the program by the deadline, you will have the opportunity to request an extension, but additional fees will apply.

60 days is certainly enough time to get the job done, but it's going to require real commitment and strict adherence to a regular training schedule. For the best chances of success, we recommend you dedicate at least 2-3 hours each day, if not more, specifically to GST study and practice.

Here is 60-day roadmap that many successful GST graduates have used:

Days 1-20: Learn the Techniques

Immerse yourself in the video curriculum and learn all the techniques covered in lessons 1-23. Each day, you should try to cover 2-3 new lessons. Start each daily training session by quickly drilling all of the previously learned techniques before adding the new lessons for the day. The more you review, the stronger your reflexes will get. Re-watch past lessons whenever possible to pick up details that you missed the first time through.

Days 21-30: Learn the Teaching Methodologies

Around the 20-day mark, you should begin feeling very comfortable with all the techniques. Even though the daily technique reviews should continue, you should shift your primary focus to the GST Teaching Methodologies. Watch the video lessons on these topics, learn the teaching secrets, and practice, practice, practice! The Slice Presentation Formula (SPF) will feel a little awkward at first, but if you keep at it, it will begin to feel natural and easy.

Days 31-50: Review and Rehearse

With the techniques and teaching methodologies learned, it's time to begin evaluation prep. Watch and become very familiar with the requirements for the five evaluation videos. Then, spend up to 20 days conducting the test drills as many times as possible. Every time you perform the test, you will get better. If possible, video record yourself doing each part of the test for the sole purpose of evaluating yourself. Compare your performance to the GST course material and continue tweaking your performance as much as possible. When there is nothing left to fix, you'll know you are ready.

Days 51-60: Emergency Use Only

If you follow the schedule, the last 10 days should be reserved for emergency use only. It's important that you do not wait until the 60th day to upload your evaluation videos to the Testing Center. If there is a technical difficulty or formatting error with the videos, you may need a few days to address the issue and you'll earn that buffer by remaining committed to the program from day one.

Stay dedicated, but don't forget to enjoy the journey. We can't wait to see your evolution of your technical and teaching capabilities when the time comes!

BONUS TIP: Consider beginning your study by watching the five Evaluation Videos in your online lesson library. That way, you'll know exactly what you're aiming for every step of the way!

Technique: Base Get-Up**Position: Sitting****Introduction**

As a military or law enforcement professional, if you find yourself in a situation where you are sitting or lying on the ground with an aggressive subject standing over you, your life may rest in your ability to stand up successfully.

Technical Slices

- 1) Standard Variation
 - a. *Indicator:* Subject is standing over you.
 - b. Essential Detail (ED): Make sure your knee lands outside your elbow.
 - c. Most Common Mistake (MCM): Taking the back hand off the ground before the foot has landed.
 - d. Safety Tip (ST): Keep your front hand by your face for protection.
 - e. Bonus Detail (BD): If possible, stand up with the gun side back.
 - f. Drill Orders (DO): Start seated and get up in base 5 times on each side.
- 2) The Base Game
 - a. Drill Orders: For the entire duration of the Defensive Tactics course you teach, notify the students that if someone gets up wrong, they must get up correctly and stand up in base five times. The next person to get up wrong, repeat ten times, and so on. The world record is 105 and it was reached during a Gracie Survival Tactics course at a U.S. Army base in South Korea under the command of Col. Bill Odom (ret.). If you beat the record, let us know.

Mindset Minute

If you don't stand up in base instinctively, you won't have the reflex to do it during the fight. To develop this reflex, play the Base Game during all defensive tactics courses.

Technique: Trap and Roll Escape**Position: Mount****Introduction**

As a military or law enforcement professional, it isn't wise to grapple with an aggressive subject if you have a choice, due to the accessibility of your weapons. But unfortunately, things don't always go according to plan, and if you are ambushed, the fight may end up on the ground against your will. One place you might end up is on the bottom of the mount position, which is the single worst place you can get stuck in a fight. From this position, the top person can strike at you or strangle you and you cannot effectively strike back. The worst part about trying to escape the mount position without an effective strategy is the panic you experience and the extreme exhaustion it will inevitably cause. The Trap and Roll Escape is a simple and extremely reliable way to remove the subject, from on top of you. In this lesson, we will teach you three variations of the Trap and Roll as well as how to disengage from the fight after employing the technique.

Technical Slices

- 1) Standard Variation
 - a. *Indicator:* Subject grabs your chest or throat with one or both hands.
 - b. ED: Trapping everything all at once.
 - c. MCM: Rolling sideways instead of upwards.
 - d. ST: Top person should tuck their shoulder.
 - e. Partner Reminder (PR): Keep hands on chest for this variation.
 - f. BD: After the roll, brace the subject's abdomen and stand up with the gun-side back.
 - g. DO: Start from the mount, 1 rep, reverse roles.
- 2) Punch Block Variation
 - a. *Indicator:* Subject sits up to throw punches from the mount.
 - b. ED: Constant closeness.
 - c. MCM: No reach with hugging arm.
 - d. ST: Partner must tuck fingers in prior to roll.
 - e. PR: Post hands on the ground for base when pulled forward.
- 3) Headlock Variation (With Open Guard Pass)
 - a. *Indicator:* Subject establishes a headlock and inserts the grapevines.
 - b. ED: Remove the grapevine and tuck the foot prior to roll.
 - c. MCM: No reach with hugging arm.
 - d. DO: Start from the mount, execute any escape variation, pass open guard, reverse roles.

Mindset Minute

Due to the danger of the mount position, several techniques of this course are designed to prevent it from happening altogether. In a future lesson, you will learn the Elbow Escape from the mount, which can be used if for any reason, the Trap and Roll Escape fails.

Technique: Americana Armlock**Position: Mount****Introduction**

The goal in the fight is to achieve the mount, exhaust the subject, and then win the fight. Punching the subject from the mount can be effective but may cause you to exhaust yourself, lose your balance, and in some cases do more damage than you originally intended. Instead, we encourage the use of leverage-based submissions so that we can maintain better control of the subject and save energy. The Americana Armlock is a highly effective submission that can be used with minimal effort to defeat a larger subject while keeping your firearm safely out of reach. First, we are going to show you the Basic Application, and then we will show you two variations of how this technique will work in a real fight.

Technical Slices

- 1) Basic Application (Preparation Drill)
 - a. ED: Effective hand and head positioning.
 - b. MCM: All lift without any slide.
 - c. ST: Squeeze slow, tap fast.
 - d. BD: In combat, this technique should be performed on the gun side.
 - e. DO: Start from mount, 1 rep on each arm, reverse roles.
- 2) Standard Variation
 - a. *Indicator*: Subject fears punches and protects their face with both hands.
 - b. ED: Back hook in, front knee open.
 - c. MCM: No hip pressure.
 - d. PR: Test partner's hooks by pushing with free arm (start slow then work it up).
 - e. ST: Do not squeeze the lock while your partner is checking base.
- 3) Neck-Hug Variation
 - a. *Indicator*: Subject exposes their arm while you maintain control of their neck.
 - b. ED: "Thumbfull" grip at first then switch to thumbless grip.
 - c. MCM: Forgetting the loop and trying to apply pressure from the neck-hug.

Mindset Minute

The beauty of this and other submissions is that it gives you the ability to inflict as much or as little damage as you deem necessary. When using the Americana Armlock, be sure to focus on using your legs to stabilize; otherwise, the move is worthless. If you ever feel like your legs can't contain the subject, release the lock and use your hands for additional base. If the subject begins to roll you the other way, switch your hooks to neutralize the roll then switch back to normal hook positioning before finishing.

Technique: Positional Control**Position: Mount****Introduction**

The mount position is the most dominant position in a fight because you can win the fight in a variety of ways from there. You must understand, however, that as soon as you achieve the mount, the subject will do everything in his/her power to remove you from atop of them. This lesson will provide you with the Positional Control tactics that you can use to control and exhaust a larger, stronger subject from the mount. First, I will show you how to apply effective hip pressure. Then, we will discuss how to neutralize all the most common escape attempts, as well as, how to retain control of your weapons from the mount.

Technical Slices

- 1) Hips and Hands (Preparation Drill)
 - a. ED: Constant hip pressure.
 - b. MCM: Weak torso alignment.
 - c. PR: Hug your partner's body to make it easier to check their base.
 - d. DO: Start from the mount, Superman pressure and go side to side 5 times, reverse roles.
- 2) Anchor and Base
 - a. *Indicator*: Subject attempts to escape by pushing you to the side.
 - b. ED: Effective "hook handoff".
 - c. MCM: Front foot posted too wide.
 - d. PR: Verify both base points and anchor points before slowly switching to the other side.
 - e. DO: Start from the mount, transition side to side 5 times, reverse roles.
- 3) Low Swim
 - a. *Indicator*: Subject attempts to wrap your posted arm and roll you out.
 - b. ED: 45 Degree stiff-arm angle.
 - c. MCM: Weak elbow positioning and predictable response time.
 - d. DO: Start from the mount, 2 low swims on each arm, reverse roles.
- 4) High Swim
 - a. *Indicator*: Subject pushes straight up on your chest or throat with one or both hands.
 - b. ED: Get low and heavy after each swim to prevent follow push attempts.
 - c. MCM: Swimming both hands at once.
 - d. DO: Start from mount, 3 high swims, reverse roles.
- 5) Weapon Retention
 - a. *Indicator*: Subject attempts to obtain control of your firearm from the bottom.
 - b. ED: Underhook one or both arms, to retain weapon control.
 - c. MCM: Improper elbow positioning during the underhook control.
 - d. BD: Focus on using your hooks to compensate for the weakened hand base.
 - e. DO: 10 seconds of standard mount control, 10 seconds of underhook control, reverse roles.

Mindset Minute

Every time you achieve the mount, expect the subject to use every ounce of energy to throw you off. Once you neutralize their explosive escape attempt, they will be very discouraged and in most cases, this will be enough to make them surrender. If they attempt to obtain control of your firearm, respond with immediate underhook control, and wait for exhaustion.

Technique: Take the Back**Position: Mount****Introduction**

If you achieve the mount, there is a very high probability that the subject will fear getting punched in the face and will instantly roll to their knees. If you don't respond to their roll correctly, you will fall off. Knowing how to Take the Back will ensure that you do not lose control when the subject rolls. First, we will teach you how to take the back, and then we'll discuss what to do if your back mount control is jeopardized.

Technical Slices

- 1) Take the Back
 - a. *Indicator:* Subject rolls to their knees to escape the mount.
 - b. ED: Effective back hook entry.
 - c. MCM: Ineffective torso alignment while on back.
 - d. PR: Proper roll and get-up technique (Solo Demo).
 - e. ST: Remain weightless until partner is on all fours and then drop weight gently.
 - f. DO: Start from the mount, take the back, reverse roles.
- 2) Remount Technique
 - a. *Indicator:* Subject removes the bottom hook and attempts to escape the back mount.
 - b. ED: Immediate hook transfer.
 - c. MCM: Failure to time the get-up correctly.
 - d. PR: Try to get on top if your partner doesn't respond in time.
 - e. DO: Start from the mount, take the back, remount, reverse roles.

Mindset Minute

Every time you achieve the mount on a subject expect him/her to roll to their knees in an attempt to get up. Failure to anticipate this roll will trigger a "bulldozer" effect, which will cause you to lose your position and end up on the bottom of the fight.

Technique: Vascular Neck Restraint Defenses**Position: Back Mount****Introduction**

More than ever before, civilians are learning techniques and submissions from watching MMA. Consequently, it is essential that every officer learn how to defend against Vascular Neck Restraints (VNR) as well as Rear Naked Chokes. We will start with the basic application of these types of attacks, and then we will discuss a few effective defenses that an officer can apply if they are caught in this submission.

Note: All LEOs should adhere to their organizations' Use of Force Policy regarding the application of the Vascular Neck Restraint. A VNR is NOT a respiratory restraint; at no point should there be any significant pressure on the structures of the front of the neck, nor should there be any stress placed on the cervical vertebrae. For safety, do not apply pressure to the trachea during use. When applying this technique, always be cognizant of the subject's condition. It is important to be able to recognize when they are unconscious so that you can immediately transition to aftercare procedures. To avoid unnecessary exposure to injury, do not continue to apply this restraint *after* you are aware that they are unconscious.

Technical Slices

- 1) Vascular Neck Restraint (Preparation Drill)
 - a. ED: Hug the "V" using back strength instead of arm strength.
 - b. MCM: Too much arm strength and not enough back.
 - c. PR: Tighten your neck muscles to resist more effectively.
 - d. DO: Start from the sitting position, 1 rep with each arm, reverse roles.
- 2) Standard Variation
 - a. *Indicator:* Officer takes the subject's back.
 - b. ED: Quick shot with elbow alignment (adjust chin if necessary).
 - c. DO: Start from the mount, take the back, apply VNR, reverse roles.
- 3) Frame Escape
 - a. *Indicator:* Subject establishes back mount against you.
 - b. ED: Immediate control of the top arm.
 - c. MCM: Make sure to activate the frame once you fall towards the overhook side.
 - d. BD: After you activate the frame, try to end up on top in their guard.
 - e. DO: Mount start, back mount, escape, reverse roles.
- 4) Shoulder Slip
 - a. *Indicator:* Subject wraps the officer's neck from any position.
 - b. ED: Turn towards the choking arm.
 - c. MCM: Failure to commit your back to the mat.
 - d. BD: Immediate guard recovery.
 - e. DO: 3 reps (turtle, kneeling, standing), reverse roles.

Fight Simulation Drill

1. Trap and Roll Escape (3 variations)
2. Positional Control – Mount (4 variations)
3. Take the Back
4. Vascular Neck Restraint
5. Remount Technique
6. Americana Armlock (2 variations)

Mindset Minute

When a trained LEO applies a VNR, it is a relatively safe move since the LEO will stop the pressure soon after unconsciousness occurs. On the other hand, if an attacker is applying this to the officer, it is considered DEADLY FORCE, as we cannot reasonably assume that the attacker intends to stop once the officer is unconscious. Furthermore, the officer cannot allow themselves to become incapacitated, as it would allow the attacker to access all of their weapons on their duty belt.

Technique: Straight Armlock**Position: Mount****Introduction**

The goal in the fight is to achieve the mount because from there we can exhaust and eventually submit the subject with ease. It is very common for the subject to reach up for your chest or throat during their escape attempt, and when they do, they create the perfect opportunity for the Straight Armlock. The Straight Armlock is a great weapon retention technique since it employs so much leverage and it can be used to control even the largest subject. In this lesson, we will teach you how to apply it from the mount position. We will start by showing you the final control position, and then we will teach you two variations that you can use during combat.

Technical Slices

- 1) Final Control (Preparation Drill)
 - a. ED: Use legs to neutralize the head slip, elbow slip, and full sit-up.
 - b. MCM: Ineffective heel squeeze.
 - c. PR: Test all 3 control elements as you try to escape.
 - d. ST: Do not apply pressure until the partner has tested all 3 components, squeeze slowly.
 - e. DO: Start in final Armlock position, neutralize escapes for 10 seconds, apply pressure, reverse roles.
- 2) Standard Variation
 - a. *Indicator*: Subject reaches up for your chest or throat with one or both hands.
 - b. ED: Placing all the weight on their chest to enable a full body pivot: hips, shoulders, legs.
 - c. MCM: Landing with hips too far from shoulder (arms must collapse at the right time).
 - d. DO: Start from the mount, 1 rep, reverse roles.
- 3) Side Variation
 - a. *Indicator*: Subject turns sideways underneath you but does not roll to their knees.
 - b. ED: Invert the front leg after you hug the arm and pin the head.
 - c. MCM: Committing to Armlock too soon (verify that the subject is not rolling to their knees first).
 - d. PR: Protect your face with your bottom hand.
 - e. ST: Be careful not to kick your partner in the face with your heel during the spin.
 - f. DO: Transition to modified mount, 1 rep, reverse roles.

Mindset Minute

The sooner you go for the Armlock, the more likely the subject is to escape. Allow your partner to exhaust for a few seconds before spinning for the arm so that they won't have the energy to escape. When you catch it, focus entirely on the leg control, as applying pressure is the easy part. If the subject is too big, and your legs don't reach the ground during the final control, don't worry, just keep your legs heavy and you should be okay. Remember, in a real situation, you will only need to control the final position for a fraction of a second before you apply pressure and gain compliance.

Technique: Clinch Control**Position: Standing****Introduction**

When a seemingly cooperative subject is determined to attack a military or law enforcement professional without notice, it can be very difficult to avoid contact. Traditionally, when this happens, the professional will attempt to back-step to keep a safe distance, but this can be very challenging since a persistent forward-traveling subject can move much faster than a backwards-moving person. As an alternative to backing away, many professionals will instinctively strike back, but this also lends itself to serious problems as it puts them within range to get struck by the potentially heavier, stronger subject. In this case, the best strategy is to close the distance and establish the Clinch. From there, you can assess the situation and either disengage to access other force options or take the fight to the ground and handcuff the subject. We will start with the basic Clinch Control principles, and then we will discuss how to close the distance during a surprise attack as well as how to retain control of your weapons in the Clinch.

Technical Slices

- 1) Clinch Control (Preparation Drill)
 - a. ED: Good posture, head in the center of the chest, hips close, gun side back.
 - b. MCM: Hips too far from the subject's hips.
 - c. PR: Check your partner's base at all angles while slowly increasing intensity.
 - d. BD: If the subject reaches for your weapons, disengage immediately.
 - e. DO: Start in the Clinch, control for 10 seconds, disengage, reverse roles.
- 2) Ambush Entry
 - a. *Indicator*: Subject rushes you violently without warning or notice.
 - b. ED: Solid base during impact.
 - c. ST: Use open hands and refrain from actually striking during practice.
 - d. MCM: No face protection.
 - e. DO: Start in a conversation, and Clinch during a surprise attack, control, disengage.

Mindset Minute

The key to establishing a Clinch on an aggressive subject is to understand that there are only two safe distances in a fight: all the way out or all the way in.

Technique: Body Fold Takedown**Position: Standing****Introduction**

When using the Clinch to neutralize a surprise attack from an aggressive subject, the safest option is usually to disengage as soon as the opportunity arises so you can utilize other force options. If, while in the Clinch, you conclude that you would rather take the subject to the ground to apprehend him/her, then the Body Fold Takedown is a simple and reliable way to make it happen.

Technical Slices

- 1) Body Fold Takedown
 - a. *Indicator:* Subject maintains a wide base when you establish the Clinch.
 - b. ED: Effective level-change and Clinch lift.
 - c. MCM: Failure to maintain hip connection during the fold.
 - d. PR: Land with your hips first and break your fall.
 - e. ST: Release the subject and do not fall with them.
 - f. DO: Start from the Clinch, 1 rep, reverse roles.

Mindset Minute

Focus on establishing an effective Clinch with a solid base, and only step in for the takedown when you feel comfortable. Don't worry about slamming the subject into the ground too aggressively, since the harder you land - the less likely you are to retain control upon the landing.

Technique: Punch Block Series**Position: Guard****Introduction**

The ideal top position in a fight is the mount. If you are unable to keep the top position, and you end up in the bottom of the fight, you can use your legs to wrap the subject in a position called the guard. In this lesson, we will teach you how to neutralize punches from the bottom of the guard, as well as how to retain control of your weapons should the subject change his focus during the assault. The Punch Block Series is broken down into 5 Stages, which we will teach you first, and then we will discuss how to retain control of your weapons from the bottom of the guard.

Technical Slices

- 1) Stage 1
 - a. *Indicator:* Subject attempts to punch your face from within your guard.
 - b. ED: Effective head control and arm control on the gun side.
 - c. MCM: Utilizing too much energy.
 - d. PR: Only punch directly towards their face for this drill.
 - e. DO: Start from the mount, cooperative rollout, establish Stage 1, neutralize punches and swims for 10 seconds, reverse roles.
- 2) Stage 2
 - a. *Indicator:* Subject pulls their arm back to punch your body or head.
 - b. ED: Fill the space with shins and arms.
 - c. DO: Start in the guard, conduct 2 cycles: 1-2-1-2-1, reverse roles.
- 3) Stage 3
 - a. *Indicator:* Subject sits up to generate more powerful punches.
 - b. ED: Quick insertion of the knees with extended hips.
 - c. DO: Start in the guard, conduct 2 cycles: 1-3-1, 1-2-3-1, reverse roles.
- 4) Stage 4
 - a. *Indicator:* Subject stands up to throw punches.
 - b. ED: Slight bend in the knees and toes facing out and controlled return to Stage 1.
 - c. DO: Start in the guard, conduct 3 cycles: 1-4-1, 1-3-4-1, 1-2-3-4-1, reverse roles.
- 5) Stage 5
 - a. *Indicator:* Subject backs off from Stage 4.
 - b. ED: Proper side-to-side movement, kicks for space, and stand up if possible.
 - c. DO: 1-4-5-1, 1-3-4-5-1, 1-2-3-4-5-1, 1-5-Stand up in base, reverse roles.
- 6) Weapon Retention (Modified Stage 1)
 - a. *Indicator:* Subject attempts to gain control of your weapon(s).
 - b. ED: Immediate underhook on the side of the weapon reach, both underhooks if necessary.
 - c. MCM: Failure to use the legs to kick off subject's hip for leverage.
 - d. PR: Once the firearm is safe, switch back to punch focus.
 - e. DO: All stages in random order for 30 seconds, including weapon retention.
- 7) Callout Game
 - a. DO: 60 seconds, all stages in combination with the partner, who is in the role of the officer, calling out the stage verbally AFTER the partner, who is in the role of the subject, creates it.

Fight Simulation Drill

1. Clinch Control – Disengage – Clinch Control
2. Body Fold Takedown
3. Straight Armlock (2 variations)
4. Punch Block Series (End with Weapon Retention)

Mindset Minute

The key is to remain relaxed so that you do not waste energy, and so that you can feel your subject's intentions. If they are focusing exclusively on strikes, focus your efforts on standard punch protection. If they shift gears and go for your firearm, respond with immediate underhook control.

Technique: Guard Get-Up**Position: Guard****Introduction**

From the bottom of the guard, neutralizing punches should always be your primary concern. Once the subject has exhausted their initial barrage of punches, you should attempt to get back on your feet as soon as possible so you can utilize the appropriate force options. In this lesson, we will start by teaching you a critical hip movement exercise, and then we will show you how to stand up and disengage from the fight.

Technical Slices

- 1) Shrimp Drill (Preparation Drill)
 - a. ED: Turn on your side facing the flat leg.
 - b. MCM: Sliding the hips and shoulder rather than pivoting.
 - c. DO: Start flat on your back (solo), Shrimp back and forth 4-6 times.
- 2) Guard Get-Up
 - a. *Indicator*: Subject is in your guard, and you opt to stand up.
 - b. ED: Effective hip scoot and wrist control.
 - c. MCM: Failure to extend from the “L” to the “I” prior to sitting up.
 - d. BD: If possible, Shrimp out with the gun side up.
 - e. PR: Change your control tightness with each repetition.
 - f. DO: PBS for 10 seconds, Guard Get-Up, reverse roles.
- 3) Get-Up Failure
 - a. *Indicator*: Subject drives so aggressively that you can’t get up.
 - b. ED: Both feet on the hips to control the subject while you access your force options.
 - c. MCM: Grabbing wrist with the wrong hand.
 - d. BD: If they reach for your firearm, cross grip their wrist, and place it on the ground and use it as a base point to get up.
 - e. DO: Attempt the Guard Get-Up, both feet on hips, force options, get up, reverse roles.

Mindset Minute

It is true that your ability to get up from underneath an aggressive subject may save your life. However, you must also acknowledge that you can’t always stand up at will. If your subject is extremely tight in their control, wait patiently for him/her to loosen before you attempt the Guard Get-Up.

Technique: Twisting Arm Handcuffing Procedure**Position: Mount****Introduction**

The “tap-out” has little meaning in a real street fight when your life is on the line. In the military and law enforcement line of work, victory isn’t accomplished until the threat is fully neutralized and the subject is in handcuffs. If you have two or three people working in unison to handcuff someone, this task can be relatively easy. However, if you find yourself in a one-on-one fight with an actively resistant subject, applying the handcuffs can be an arduous task, to say the least. In this lesson, we will teach you a simple and very reliable handcuffing procedure from the mount position, and then we will teach you three variations you can use from various positions in the fight.

Technical Slices

- 1) Standard Variation
 - a. *Indicator:* You’ve established the mount and the subject’s hands are up for protection.
 - b. ED: Keep the elbow bent at a ninety-degree angle, verbally command the subject.
 - c. MCM: Ineffective “push-pull” movement of the subject’s arm.
 - d. PR: Go with the flow.
 - e. DO: From the mount, simulate open-hand strikes, execute technique, reverse roles.
- 2) Americana Variation
 - a. *Indicator:* Subject surrenders to Americana Armlock and you seek to apply handcuffs.
 - b. ED: Constant wrist control.
 - c. DO: Start from the mount, 1 rep, reverse roles.
- 3) Straight Armlock Variation
 - a. *Indicator:* Subject surrenders to Straight Armlock and you seek to apply handcuffs.
 - b. ED: Use legs for control and only proceed once subject is compliant.
 - c. MCM: Improper leg positioning and failure to lean northward.
 - d. DO: Start from Straight Armlock final control, 1 rep, reverse roles.

Mindset Minute

The handcuffs can/should only be applied after full control of the subject is established. The first priority is always control. The second priority is handcuff/submissions.

Technique: Positional Control**Position: Side Mount****Introduction**

If you MUST be in a ground fight, your positional objective should be to achieve the mount on the subject. That being said, another very dominant top position that can be used to control and exhaust the subject before transitioning to the mount is the Side Mount. In this lesson, we will start by teaching you how to establish and maintain the Side Mount position against a larger aggressive subject, and then we will discuss how to retain control of your weapons if the subject attempts to grapple them from you.

Technical Slices

- 1) Roll Prevention
 - a. *Indicator:* Subject attempts to escape by bridging and rolling explosively to either side.
 - b. ED: Keep hips low and use back hand and front foot for base, keep gun side back.
 - c. MCM: Slow front hand base – arm gets trapped.
 - d. BD: Establish the side mount with the gun side back if possible.
 - e. DO: Start from the side mount, prevent the roll for 10 seconds, reverse roles.
- 2) Weapon Retention (With Mount Transition)
 - a. *Indicator:* Subject attempts to grab at your weapons from the bottom.
 - b. ED: Early recognition of attempt and quick underhook insertion on the subject's inside arm.
 - c. MCM: Failure to fully "walk the C" past 90 degrees.
 - d. DO: Start from the side mount, prevent the roll, employ weapon retention, mount reverse roles.

Mindset Minute

In most cases, maintaining the side mount is easier than maintaining the mount. As a result, don't be in a hurry to rush to the mount. Instead, focus on establishing a good base and allowing the subject to burn all their energy, so that when you finally achieve the mount you can finish the fight with ease.

Technique: Double Underhook Pass**Position: Guard****Introduction**

Although less than 1% of people actually train in Gracie or Brazilian Jiu-Jitsu, MMA is growing so quickly that more and more people are becoming familiar with the basic standing and ground fighting principles and strategies. As such, the threats against military and law enforcement professionals have never been so real. In the rare instance that you do find yourself in your subject's closed guard during a street fight, you should have a plan, and for this reason we have chosen to include the Double Underhook Guard Pass. First, we will teach you the open guard variation, and then we will teach you how to pass when they close their guard.

Technical Slices

- 1) Open Guard Variation
 - a. *Indicator:* Subject's legs are uncrossed, and you seek to advance your position.
 - b. ED: Dip the shoulder, keep weight on subject, and pass to the opposite side of your gun.
 - c. MCM: Weight on knees instead of toes during stack.
 - d. ST: Tighten up your core to protect your body during the stack.
 - e. BD: Always pass to the side opposite of your firearm.
 - f. DO: Start from the open guard, 1 rep, reverse roles.
- 2) Closed Guard Variation
 - a. *Indicator:* Subject crosses their feet and establishes the closed guard.
 - b. ED: Solid posture and good distraction strikes.
 - c. MCM: Face up and exposed, during pass, instead of down and protected.
 - d. DO: Start in the closed guard, strike for distraction, pass the guard, reverse roles.

Fight Simulation Drill

1. Trap and Roll Escape (3 variations)
2. Double Underhook Pass – Guard (2 variations)
3. Positional Control – Side Mount (2 variations)
4. Positional Control – Mount (4 variations)
5. Twisting Arm Handcuffing Procedure (3 variations)

Mindset Minute

When you find yourself inside the closed guard, there is no major hurry to pass. Whenever possible, achieve posture and use distraction strikes to force the guard to open, at which point you can either stand up and disengage or use the Double Underhook Pass to achieve the side mount. Also, once you achieve the side mount, you should anticipate their attempt to re-establish the guard and position yourself accordingly.

Technique: Triangle Defenses**Position: Guard****Introduction**

The Triangle is one of the most common submissions in BJJ. Due to its widespread popularity, it is essential that police officers understand its application to effectively counter and escape this attack. We will start by introducing you to the application of this technique, and then we will teach you one of the most reliable defensive strategies.

Note: All LEOs should adhere to their organizations' Use of Force Policy, as well as their aftercare procedures, regarding the application of Vascular Neck Restraints. Additionally, as explained in lesson 6, it is important to be able to recognize when they are unconscious so that you can immediately transition to another form of control such as handcuffing. To avoid exposure to unnecessary injury, do not continue to apply the Vascular Neck Restraint *after* you are aware that they are unconscious.

Technical Slices

- 1) Triangle Finish (Preparation Drill)
 - a. ED: Walk hips out to facilitate the neck bite and full lockup.
 - b. MCM: No thigh squeeze and no patience during final pressure.
 - c. PR: Stay rigid on top of your partner and increase the forward lean after each successful rep.
 - d. DO: Start from Triangle Setup position, 1 rep, reverse roles.
- 2) Guard Get-Up Variation
 - a. *Indicator:* During a Guard Get-Up your subject drives forward aggressively.
 - b. ED: Effective wrist control and solid leg bite.
 - c. MCM: Weak distance control with legs.
 - d. PR: Keep driving forward during the technique to prevent the get-up.
 - e. ST: Don't kick your partner in the face.
 - f. DO: Start in Stage 1, attempt the Guard Get-Up, switch to Triangle Restraint.
- 3) Triangle Defense
 - a. *Indicator:* Immediate posture once your subject establishes Triangle Setup.
 - b. ED: Getting your knees deep under the subject's hips to facilitate posture.
 - c. MCM: Rushing to escape instead of focusing on progress prevention.
 - d. PR: Try to pull your partner down with your hands and legs.
 - e. DO: Start in the guard, transition to Triangle, defend with posture, reverse roles.

Mindset Minute

The Triangle is a very powerful technique because it gives anyone the chance of winning the fight from the bottom. As with all submissions, understanding how it works is one of the most important prerequisites to ensure that you can escape if you're ever get caught in this position.

Technique: Elbow Escape**Position: Mount****Introduction**

Any time you find yourself trapped underneath the subject in the mount position, you should aim to use the “Trap and Roll” escape, since it will place you on top of the subject and give you the opportunity to immediately disengage from the fight. If the subject is too big or this escape is not possible, you will need another technique to guarantee your escape, and the “Elbow Escape” will do just that. First, we will teach you the standard Elbow Escape, and then we’ll discuss a critical variation you can use if that the primary option doesn’t work.

Technical Slices

- 1) Standard Variation
 - a. *Indicator:* Subject prevents the Trap and Roll Escape by establishing wide base.
 - b. ED: Leg must be completely flat and hips turned in that direction.
 - c. MCM: No final hip scoot towards the trapped foot.
 - d. PR: Keep your body rigid to make it realistic.
 - e. DO: Start from the bottom of the mount, 1 rep, reverse roles.
- 2) Hook Removal
 - a. *Indicator:* Subject inserts the leg hooks or “grapevines” for better control.
 - b. ED: One foot helps the other to remove hook, use *inside leg trap* on a heavy subject.
 - c. MCM: Forget to block the knee immediately during hook removal process.
 - d. PR: Be careful not to insist on the grapevines too much – your knee can get twisted.
 - e. DO: Start with partner’s grapevines inserted, 1 rep, reverse roles.
- 3) Bonus Details
 - a. *Indicator:* Subject neutralizes the standard Elbow Escape.
 - b. ED: Switching back to a Trap and Roll at ANY point during the technique.
 - c. MCM: Failing to identify if the subject is wide or narrow.
 - d. PR: Make your legs heavy to force the Heel Drag.
 - e. DO: Start with the Elbow Escape, switch to a roll or heel drag, reverse roles.

Fight Simulation Drill

1. Elbow Escape – Mount (2 variations)
2. Punches Block Series (5 Stages + Weapon Retention)
3. Triangle Restraint (2 variations)
4. Guard Get-Up (2 variations)

Mindset Minute

When executed properly, the Elbow Escape should enable you to escape the mount against virtually any subject regardless of their size. Although it is better to end up on top of the fight, if you are trapped on the bottom, establishing the guard is your best option because from there you can neutralize punches and eventually disengage using the Guard Get-Up technique.

Technique: Shrimp Escape**Position: Side Mount****Introduction**

Against a much larger subject, there is a good chance that you will find yourself on the bottom of the fight. If this happens, the safest thing to do is to get the subject in your guard because from there, you can neutralize punches and disengage. If somehow the subject gets past your guard, you will need to use the Shrimp Escape to put them back in your guard. In this lesson, we will learn three variations of the Shrimp Escape, starting with the Block and Shoot Variation.

Technical Slices

- 1) Block and Shoot Variation
 - a. *Indicator:* Subject passes your guard and attempts to establish the side mount.
 - b. ED: Shoot the legs into position immediately after the block, do not wait.
 - c. MCM: Failure to remove the inside leg with the “extend, post, and scoot” strategy.
 - d. PR: Start from a distant side mount on your knees and dive in safely.
 - e. DO: Start from a distant side mount, 1 rep, reverse roles.
- 2) Shrimp and Shoot Variation
 - a. *Indicator:* Subject establishes the side mount.
 - b. ED: Effective hip block and immediate shot after a quick Shrimp.
 - c. MCM: Shooting one leg instead of both legs.
 - d. DO: Start from the side mount, 1 rep, reverse roles.
- 3) Punch Block Variation
 - a. *Indicator:* Subject establishes the side mount and prevents your initial escape attempts.
 - b. ED: Conserve energy and establish punch-safe positioning.
 - c. MCM: Trying to escape while the subject is focusing on control.
 - d. PR: Control very tight for a few seconds then attempt to punch with the north hand.
 - e. DO: Start from the side mount, 1 rep, reverse roles.

Mindset Minute

You want to avoid letting the subject achieve the side mount at all costs, but if they do, conserve your energy and only escape when a clear opportunity is available. One of the most important principles of Gracie Jiu-Jitsu is to know when to relax and do nothing. Only when you truly understand this principle will you have a realistic chance against a larger, more athletic subject.

Technique: Safe Draw**Position: Guard****Introduction**

If you find yourself trapped in a situation that warrants deadly force, you may opt to use your firearm to neutralize the threat. The challenge is that once you draw your weapon, there is a very high probability that the subject will attempt to gain control of it. The chance of this is even greater if you are on the bottom of the fight facing a larger subject. In this lesson, we will teach you a simple guard technique that will enable you to access your firearm while minimizing the chance that it is grappled from you. First, we will show you the standard variation of the Safe Draw, and then we will teach you what to do when things go wrong. NOTE: Always adhere to your agency's policy with regard to administration of deadly force.

Technical Slices

- 1) Safe Draw
 - a. *Indicator:* Subject is in your guard and the situation warrants deadly force.
 - b. *ED:* Create the angle and establish solid control on the subject's arm.
 - c. *MCM:* Failure to draw weapon on time allowing the subject to regain balance.
 - d. *PR:* Reach for the gun to allow your partner to drill realistically.
 - e. *DO:* Start from the guard, 1 rep, reverse roles.
- 2) Shoulder Pin Failure
 - a. *Indicator:* Subject breaks free from the shoulder pin and/or establishes a headlock.
 - b. *ED:* Immediate switch to head control when subject postures up.
 - c. *MCM:* Failure to preserve the closeness.
 - d. *PR:* Check the Shoulder Pin at various intensity levels.
 - e. *DO:* Start from the guard, 1 rep, reverse roles.

Mindset Minute

Never draw your weapon while grappling, unless the situation warrants deadly force and you intend to use the firearm. If it isn't a deadly force situation and you are in a ground fight, you are better off keeping your weapon holstered.

Technique: Double Leg Takedown**Position: Standing****Introduction**

The advantage of utilizing the Body Fold Takedown is that once you take the subject down, you end up in the very dominant mount position. But, if you think it might be difficult to establish the Clinch on the subject, the Double Leg Takedown is a great alternative. First, we will teach you the Basic Double Leg, then we will discuss how to use it against an aggressive subject in a way that keeps your firearm safely out of reach.

Technical Slices

- 1) Basic Application (Preparation Drill)
 - a. ED: Tight leg control with effective shoulder drive, head should go outside the front knee of the subject.
 - b. MCM: Wrong leg stepping forward and head to the wrong side.
 - c. PR: Keep core tight and prevent head from hitting the ground.
 - d. BD: Be sure to pass to the side opposite of the firearm.
 - e. DO: Start from 1 arm-length away, 1 rep, reverse roles.
- 2) Aggressive Subject
 - a. *Indicator*: Subject advances towards you aggressively.
 - b. ED: Quick, low shot, and solid leg base to support subject's bodyweight.
 - c. ST: Do not release the legs until the subject is completely down.
 - d. PR: Feign compliance and then attack without notice.
 - e. DO: Start in standing interview stance, 1 rep during aggression, reverse roles.

Fight Simulation Drill

1. Punch Block Series (1-3-4-pass)
2. Shrimp Escape (3 variations)
3. Safe Draw (2 variations)
4. Guard Get-Up (2 variations)
5. Double Leg Takedown
6. Positional Control – Side Mount

Mindset Minute

The advantage of Double Leg Takedown is the surprise element of going for the subject's legs. However, the disadvantage is that you may end up inside the subject's open guard. If you don't think you can effectively control the subject in the Clinch, this takedown may be more effective than the upper body Clinch strategies. Perfect them both so that your instincts can choose the best option in the heat of battle. If you shoot the Double Leg and the subject sprawls, you may need to transition to the guard.

Technique: Front Headlock Defense**Position: Standing****Introduction**

When closing the distance against a subject, there is a possibility that they wrap your neck in a Front Headlock and if you don't understand it, you could be rendered unconscious. In this lesson, we are going to explore the Front Headlock as an offensive tool so that we better understand it, and then we are going to analyze one of the most effective counters to this technique.

Note: All LEOs should adhere to their organizations' Use of Force Policy regarding the application of the Front Headlock Neck Restraint. When applying this technique always be cognizant of the subject's condition. As explained in Lessons 6 and 15, it is important to be able to recognize when they are unconscious so that you can immediately transition to aftercare procedures. To avoid unnecessary exposure to injury, do not continue to apply this restraint *after* you are aware that they are unconscious.

Technical Slices

- 1) Basic Application (Preparation Drill)
 - a. ED: Very tight initial wrap – no gaps.
 - b. MCM: Lifting up without driving armpit down.
 - c. ST: Tighten neck muscles to stay safe during pressure.
 - d. DO: Start standing, 1 rep on each side, reverse roles.
- 2) Standing Variation
 - a. *Indicator:* Subject attempts to tackle you or dive in for your duty belt.
 - b. ED: Block the shoulders and continue sprawling until the full wrap is established.
 - c. MCM: Trying to apply pressure from a sprawled position instead of standing up.
 - d. PR: When simulating the tackle, continue driving forward until the wrap is fully established.
 - e. DO: Start standing, neutralize tackle, 1 rep, reverse roles.
- 3) Front Headlock Defense
 - a. *Indicator:* Subject catches you in a standing Front Headlock.
 - b. ED: Always move to the side opposite the neck wrap.
 - c. MCM: Failure to maintain control of the legs throughout.
 - d. BD: Commit to the side flop and don't let go of the legs.
 - e. DO: 1 rep, reverse roles.

Mindset Minute

Of all the techniques that have been used by Gracie Jiu-Jitsu students around the world, the Front Headlock Neck Restraint is one of the most common, probably because it is so easy to catch on an unsuspecting opponent. As with all submissions, understanding how it works is one of the most important prerequisites to ensure that you can escape if you're ever caught in it.

Technique: Headlock Escape**Position: Side Mount****Introduction**

Headlocks are one of the most common forms of aggression that you may experience in a street fight. Without a specific escape strategy, getting caught in a headlock against a larger subject will certainly demoralize you and can easily lead to your demise. In this lesson, we will teach you reliable headlock escapes as well as how to immediately transition into a handcuffing procedure after the escapes.

Technical Slices

- 1) Standard Leg Hook Escape
 - a. *Indicator:* Subject establishes a side headlock.
 - b. ED: Sideways body and inside elbow tuck.
 - c. MCM: Trying to use a “pull-up” rather than “shoulder get-up”.
 - d. PR: How to position the body properly to establish the headlock.
 - e. ST: Be careful when inserting the hook so that you do not kick your partner in the groin.
 - f. DO: Start in a right-handed side headlock, 1 rep, reverse roles.
- 2) Punch Block Variation
 - a. *Indicator:* Subject attempts to punch while maintaining the headlock.
 - b. ED: Use both arms to control the punch initially, then release one as you climb up.
 - c. BD: Go right into the handcuffing procedure while the subject is prone (belly down).
 - d. MCM: Not tucking the arm in before the shoulder get-up.
 - e. DO: 1 rep, reverse roles.

Fight Simulation Drill

1. Front Headlock (Standing and Guard Pull)
2. Punch Block Series (Stages 1-2-4-Pass)
3. Headlock Escape (2 variations)
4. Twisting Arm Handcuffing Technique (3 variations)

Mindset Minute

The most important detail in any headlock escape is that your body is sideways, and your elbow is tucked early. The more flattened your body is, the more challenging the escape will be.

Technique: Hidden Arm Technique**Position: Back Mount****Introduction**

In the law enforcement line of work, it is very common for a subject to cooperatively assume the prone position, but then hide their hands to avoid being handcuffed. In situations when it's not a life-threatening scenario, there are a variety of ways you can get the subject to give up their arms with varying levels of force. We have developed a technique called the "Hidden Arm Technique" that will enable you to handcuff the subject with minimal force. First, we will teach you the Standard Hidden Arm Technique, and then we will discuss what to do if they reach for their waistband.

Technical Slices

- 1) Hidden Arm Technique
 - a. *Indicator:* Subject is prone with both hands hidden under his chest.
 - b. ED: Effective use of the subject's shoulder as a fulcrum.
 - c. MCM: Failure to lean all the weight on the subject.
 - d. PR: Do not clasp hands together for this variation.
 - e. ST: Be gentle with the shoulder during practice.
 - f. DO: Start on the prone back mount, hands hidden, 1 rep, reverse roles.
- 2) Waistband Variation
 - a. *Indicator:* Subject is prone with hands at their waistband.
 - b. ED: Transition to their backside if they are able to roll towards you.
 - c. MCM: Not locking out your arm to effectively pin their near-side elbow.
 - d. BD: Always be prepared to disengage if the subject introduces a weapon.
 - e. DO: Start prone with hands at waistband, 2 rep, reverse roles.

Mindset Minute

It is important not to lose your patience with this technique. Because they are not trying to escape or attack, time is on your side. Your objective is to achieve the handcuffing position using the least amount of force. If at any point the subject rises to their knees, you can disengage instantly or you can insert your hooks and control the back mount. Situation awareness is key. If they change missions, you must adapt accordingly.

Technique: Kimura (Weapon Retention)**Position: Guard****Introduction**

The Kimura shoulder lock was named after the Japanese Jiu-Jitsu champion, Masahiko Kimura, after he used the technique against Helio Gracie. Today, we use it as a powerful submission and a life-saving weapon retention technique against overly aggressive subjects. In this lesson, we will start by teaching you the Basic Application of the Kimura hold, and then we will share the two most applicable variations.

Technical Slices

- 1) Guard Variation
 - a. *Indicator:* Subject grabs your gun from within the guard.
 - b. ED: Immediately control the wrist and powerful north knee chop.
 - c. MCM: Failure to maintain the 90-degree elbow bend.
 - d. ST: Squeeze very slowly.
 - e. PR: Check the tightness of the arm control by trying to straighten out.
 - f. DO: Start from the guard, 1 rep, reverse roles.
- 2) Mount Variation
 - a. *Indicator:* Subject grabs your firearm from the bottom of the mount.
 - b. ED: Use forearm choke at first, then transition to Kimura if necessary.
 - c. MCM: Failure to post the leg prior to the shoulder life.
 - d. BD: Dip your shoulder to maximize your reach potential during the Kimura lockup.
 - e. DO: Start on the mount, 1 rep, reverse roles.

Fight Simulation Drill

1. Punch Block Series – Guard (5 Stages + Weapon Retention)
2. Kimura (Guard Variation)
3. Hidden Arm Technique (2 variations)
4. Kimura (Mount Variation)

Mindset Minute

Although the Kimura is a great technique from the guard and mount position, the underlying principle being applied here is what must be internalized: anytime someone reaches for your firearm, your instinct must be to secure their wrist and arm so that they cannot draw the weapon at will.

Use of Force Law

The outline below summarizes an in-depth video discussion between Rener Gracie and Justin Wade, a Use of Force expert and a California Police Officer with over 20 years of experience, that can be found in the Gracie University Level 1 GST Online ICP video curriculum. Although teachings in this block pertain to California Law, law enforcement professionals from every state can benefit from it. The teachings are centered on *Graham v. Connor*, which is the current national standard with regard to Use of Force Federal Case Law. It also covers best practices concerning defensive tactics and use of force. Every law enforcement professional is responsible for knowing their agency's policies on use of force as well as the applicable laws of their state pertaining to use of force.

I. Reverence for human life

- A. Overarching principle for all Use of Force
- B. Guides all of our actions

II. 835a PC (California Penal Code)

- A. Authority to use force
 - 1. Officers may use objectively reasonable force to:
 - a. effect an arrest
 - b. prevent escape, or:
 - c. overcome resistance.
- B. The authority to use force is a serious responsibility that shall be exercised judiciously and with respect for human rights and dignity and for the sanctity of every human life.
- C. Every person has a right to be free from excessive use of force by officers acting under the color of law.
- D. The decision to use force shall be evaluated carefully and thoroughly, in a manner that reflects the gravity of that authority and the serious consequences of the use of force by peace officers.
- E. Individuals with physical, mental health, developmental, or intellectual disabilities are significantly more likely to experience greater levels of physical force.
- F. Evaluated from the perspective of a reasonable officer in the same situation, based on the totality of the circumstances known to or perceived by the officer at the time.
- G. The totality of the circumstances shall account for occasions when officers may be forced to make quick judgments about using force.
- H. Officers do not have to retreat or desist because of resistance or threatened resistance.

III. *Graham v Connor* (Supreme Court 1989)

- A. 4th amendment
 - 1. Protects against unreasonable seizures of a person.
 - 2. Basis for the decision.
- B. Facts of the case
 - 1. Graham felt the onset of an insulin reaction and called his friend Berry for a ride to the convenience store for orange juice.
 - 2. Officer Connor watched Graham run inside and then quickly exit.
 - 3. Connor followed the vehicle, believing a robbery had occurred and initiated a traffic stop.
 - 4. Connor ordered the two occupants to stay in the vehicle.
 - 5. Graham got out of the car, ran around the car two times, sat on the curb, and passed out.
 - 6. Graham was handcuffed and forced into the police vehicle by multiple officers.
 - 7. Graham sustained a broken foot and other injuries.

8. Connor then received the report from another officer that nothing happened at the convenience store.
- C. Standard for courts to analyze use of force
 1. Objective reasonableness
 - a. What force was used.
 - b. What facts were confronting the officer.
 - c. Could a reasonable officer believe that what the officer did fell within the range of reasonableness?
 - d. The court looks through the lens of the reasonable officer, not the subjective lens of the actual officer in the case.
 - e. “Objective” means without regard to the underlying intent or motivation.
 - 1) An officer’s evil intentions will not make a 4th amendment violation out of an objectively reasonable use of force.
 - 2) An officer’s good intentions will not make an objectively unreasonable use of force constitutional.
 2. Reasonable officer standard
 - a. Similar training and experience.
 - b. Facing similar circumstances.
 - c. Must allow for the fact that officers are often forced to make split second decisions in circumstances that are tense, uncertain, and rapidly evolving.
 - d. Without the benefit of 20/20 hindsight.
 3. Balance test
 - a. Level of force used (nature and quality of the intrusion).
 - b. Governmental interest at stake.
 - c. Requires careful attention to the facts. The following three prongs comprise the lens that the courts are directed to view all use of force through. This is often referred to by the courts as the Graham 3-Prong test:
 - 1) Whether the suspect poses an immediate threat to the safety of the officers or others. (This is the primary factor).
 - 2) Severity of the crime. This does not necessarily mean the initial crime. Rather, it is the crime that the officer was facing at the moment he or she made the decision to use force.
 - 3) Whether he is actively resisting arrest or attempting to evade arrest by flight.
 4. Minimum force
 - a. Officers are not required to use the minimum amount of force in any given situation.
 - b. The officer must use a force option that is reasonable based upon the totality of the circumstances known to the officer at the time the force was used.
 - c. Officers are not required to make the “best choice,” just a reasonable choice.
 5. Totality of the circumstances
 - a. Any immediate threat posed by the suspect to officers or others. (1st prong of the Graham 3-Prong test)
 - b. Seriousness of the crime. (2nd prong of the Graham 3-Prong test)
 - c. Whether the suspect is actively resisting or attempting to evade arrest by flight. (3rd prong of the Graham 3-Prong test)
 - d. The time available to make decisions.
 - e. Danger the suspect poses to the community.
 - f. Prior contacts with the subject or the location.
 - g. Number of officers vs number of suspects.
 - h. Age, size, and relative strength of the subject vs the officer(s).
 - i. Specialized knowledge, skills, or abilities of the officer or subject.
 - j. Injury or level of exhaustion of the officer.

- k. Mental illness.
 - l. Drugs/alcohol.
 - m. Environmental factors:
 - 1) Lighting
 - 2) Terrain
 - 3) Radio communication
 - 4) Crowd-related issues
 - 5) Traffic
 - n. Weapons or proximity to weapons.
- D. CA Senate Bill 230
- 1. Excessive force policy required
 - a. Duty to intervene if witnessing force that is clearly excessive.
 - b. Duty to report potential excessive force.
 - c. Consider the possibility that some officers on scene may have additional information regarding the threat posed by a subject.
 - 2. Proportionality of force
 - a. Level of force must be proportional to the seriousness of the suspected offense.
 - b. Or the reasonably perceived level of actual or threatened resistance.
 - 3. An explicitly stated requirement that use of force must be carried out in a manner that is fair and unbiased.
 - 4. A requirement that officers promptly provide, if properly trained, or otherwise procure, medical assistance for person injured in a use of force incident, when it is reasonable and safe to do so.

Tactical De-Escalation

At its core, jiu-jitsu is de-escalatory. However, the highest level of Tactical De-Escalation is the implementation of systems and strategies to reduce the intensity of an encounter, gain voluntary compliance, and mitigate the need for a higher level of force. The outline below summarizes an in-depth video discussion between Rener Gracie and Justin Wade, a Use of Force expert and a California Police Officer with over 20 years of experience, that can be found in the Gracie University Level 1 GST Online ICP video curriculum.

- A. History of de-escalation
 - 1. Many elements were just “good tactics” but not law or policy.
 - 2. Each agency had a different culture and mindset.
 - 3. A failure to de-escalate could unnecessarily cause a use of force (i.e. approaching a man with a knife).
- B. CA Senate Bill 230
 - 1. Agencies must have a de-escalation policy.
 - 2. Must have de-escalation training.
- C. Definition
 - 1. Reduce the intensity of an encounter.
 - 2. Gain voluntary compliance.
 - 3. Mitigate the need for a higher level of force.
- D. Elements of de-escalation (PATROL)
 - 1. Planning
 - a. Incident specific
 - 1) En route
 - 2) At the scene
 - b. General
 - 1) Training
 - 2) Briefings
 - 3) Roll call
 - c. Be flexible – change the plan as an incident unfolds.
 - 2. Assessment
 - a. What do you observe?
 - b. What do you have?
 - c. What do you need?
 - d. Does the plan need to change?
 - 3. Time
 - a. Can you wait?
 - b. Do you need to react immediately?
 - c. Taking time may de-escalate.
 - d. You may also lose your window of opportunity.
 - e. Tactical repositioning.
 - f. Distance and cover/concealment.
 - 4. Redeployment
 - a. Moving to a tactically advantageous position.
 - b. May involve closing distance, creating distance, or moving to cover.
 - 5. Other resources
 - a. Backup/help, etc.
 - b. Less lethal

- c. Specialized units
- d. Traffic control
- 6. Lines of communication
 - a. Communication with the suspect
 - 1) Commands
 - a) Clear
 - b) Direct
 - c) Concise
 - d) Unambiguous
 - e) Reasonable
 - f) Achievable
 - 2) Active listening
 - a) Pay attention – look and listen.
 - b) Show you are listening – minimal encouragements.
 - c) Evaluate what is being said.
 - d) Ask clarifying, open ended questions.
 - e) Paraphrase to ensure clarity – their message, your words.
 - b. Communication with other officers
 - 1) In person
 - 2) Over the radio
 - 3) Cell phone
 - 4) Command post
 - c. Communication with witnesses and victims
- E. Goals of de-escalation
 - 1. Voluntary compliance
 - 2. Use a lower level of force (GST vs punches to the face or firearm)
 - 3. Reverence for human life
 - a. Victims' lives
 - b. Officers' lives
 - c. Suspects' lives
 - d. Bystanders' lives

Gracie Slice Presentation Formula™ (SPF)

1. Introduction (Head)

- a. _____ (Hair): _____
- b. _____ (Face): _____
- c. _____ (Mouth): _____

2. Demonstrations (Left Arm)

- a. _____ (Left Shoulder): _____
- b. _____ (Left Hand): _____

S _____	Shading
E _____	1. _____
M _____	2. _____
S _____	3. _____
- c. _____ (Left Wrist): _____
- d. _____ (Left Elbow): _____

3. Drill Orders (Right Arm):

- a. _____ (Right Shoulder)
- b. _____ (Right Elbow)
- c. _____ (Right Wrist)

4. Release Reminders (Right Hand – “G.A.S.H.”)

G _____

A _____

S _____

H _____

Essential Presentation Skills:

- #1 **Humble Help:** You do not have all the answers, but you do have the most important ones.
- #2 **Lowest Common Denominator:** Always teach to the LCD and no one will be left behind.
- #3 **Conviction:** If you don't believe in what you're teaching, neither will anyone else.
- #4 **A Demo is Worth a Million Words:** Never try to explain anything without demonstrating it.
- #5 **Angle Management:** Show all angles and then survey the students to verify that you did.
- #6 **Eye Contact:** Use direct eye contact during your presentation to make it more personal.
- #7 **Coach Your Assistant:** If your assistant goes wrong, you get blamed, so guide them.
- #8 **“For Drill Purposes Only”:** Notify your students when something isn't real.
- #9 **Repeat the Question:** If someone asks a question, make sure to share it with everyone else.
- #10 **Shading (LMM):** The layering of information for ease of comprehension.
- #11 **Entertainment (LMM):** Language variety, speaking tones, strategic pauses, jokes (PG only)
- #12 **Recycling (LMM):** Using yesterday's problems and questions to enhance today's presentation.

Error Correction Strategies

If defensive tactics is taught in a way that is safe, encouraging, and enjoyable, students will learn better, and they will train more frequently with higher levels of enthusiasm. Amongst other things, what determines whether a student enjoys the defensive tactics training experience is if they feel like they are “getting it.” If they see themselves as competent, they will stick with it. If they see themselves as incompetent, they will quit. The fact that all dedicated students will eventually become proficient doesn’t matter. If your students aren’t encouraged and excited from the get-go, they probably won’t last long enough to experience the benefits you know jiu-jitsu can offer them. With that said, the most important thing for you to understand is that a new student’s gauge of progress/potential does not come from within, it comes from you.

Praise Often

If a student’s only knowledge of their progress came from your praise, how often would you praise? When dealing with adults, we tend to believe that if they know when they are doing the move correctly, our praise isn’t needed – this is not true. Every time you see someone do the technique correctly, acknowledge it. For the greatest impact, be specific in your praise - “Very nice hip pressure” is much more meaningful than “Good job.”

Preserve the Ratio

Although they might be doing a great job, as soon as a student is receiving more corrections than praise, they will begin to think that they are incompetent. The secret to success is to build “correction credit” by praising them three times more than you correct. If you preserve the 3 to 1 ratio, your students will invite your corrections without feeling incompetent.

Error Correction Strategies

Before correcting a mistake, ask yourself: “Do I have enough credit to correct him?” If you do have the credit and the correction is necessary, you can intervene using these two proven strategies:

1. The Perfect Adjustment: Follow these steps when the technique isn’t functional, and a detail needs to be fixed:

- i. Positive Intervention: “Freeze Champ, Looks Great”
- ii. Positive Adjustment: “Follow me...”
- iii. Positive Exit: “Perfect!”

2. The Perfect Partner: Follow these steps when the correction cannot be detected or fixed from the outside:

- i. Diagnose: Student on Teacher
- ii. Demonstrate (x2): Teacher on Student (Incorrectly/Correctly)
- iii. Differentiate: Student Articulates the Difference
- iv. Demonstrate (x2): Student on Teacher, Student on Student

Correction Danger

As instructors, we like to show our knowledge by correcting our student’s mistakes. But it doesn’t matter how knowledgeable we are if we can’t keep the student long enough to benefit from your knowledge. On one hand, the more you recognize your student’s errors, the more knowledgeable you seem, while on the other hand, the more errors you draw attention to, the more likely they are to quit. The best advice is to focus on showcasing your knowledge through your magical teaching and connection skills rather than your error identification/correction capabilities. In other words, keep it positive.

The Founding Principles

As a grandson of Grand Master Helio Gracie, the creator of Gracie Jiu-Jitsu, many people ask me questions about the history of the art. Most often, they inquire about the differences between the original Japanese Jiu-Jitsu and the modern day Brazilian or Gracie Jiu-Jitsu. I overheard my grandfather answer these types of questions many times.

The Grand Master explains that, because he was introduced to the Japanese art at such a young age, he does not remember many of the techniques in their original form. However, he vividly recalls experiencing great difficulty when he attempted to use the techniques on a larger opponent and, as a result, had to modify nearly everything he had learned to accommodate his frail physique. He points out that, despite the overall effectiveness and value of the Japanese techniques, nearly all of them had one or more limitations that prevented them from being fully useful to him. In most cases, my grandfather attributed the limitations to 1) inapplicability against a striking opponent in a real fight, 2) overreliance on strength or speed, and/or 3) dependence on body movements that were awkward or uncomfortable for him. Accordingly, he began modifying the art to ensure that every technique was fully street applicable, energy efficient, and based on natural body movements. Using these principles as a guide, he spent several years developing a complete system of self-defense consisting only of techniques that he could successfully apply against larger opponents. Confident in his adaptations, he spent the next thirty years of his life proving his system's effectiveness by using it to defeat numerous challengers, including several opponents who outweighed him by as much as 100 pounds.

The Gracie Guidelines

After nearly a century of testing in a wide variety of settings, Grand Master Helio Gracie's system of self-defense remains fundamentally sound and intact. To be sure, three generations of Gracie family members and other equally committed practitioners of the art have evolved the original techniques and added to the Gracie Jiu-Jitsu arsenal. All of these changes, however, strictly adhere to the Grand Master's requirements for street applicability, energy efficiency, and natural body movement. Today, we call these requirements the "Gracie Guidelines."

On your path towards Gracie Jiu-Jitsu mastery, your knowledge of the Gracie Guidelines will serve you in two important ways. First, it will enable you to solve problems on your own by modifying techniques in accordance with the guidelines, and second, it will enable you to recognize the multitude of impure techniques that are being developed by instructors who do not know, or choose not to adhere to the founding principles of the art.

- **Gracie Guideline #1: Street Applicability**
Focus only on practicing techniques that are fully street applicable. Practicing techniques that are not "punch proof" will cause you to develop a false sense of security. By practicing techniques that keep you safe from strikes, you will develop the most important reflexes and avoid habits that could lead to injury in a real fight. If you modify a technique, you must verify that the new variation keeps you safe from all potentially dangerous strikes.
- **Gracie Guideline #2: Energy Efficiency**
Any technique that relies on speed and power rather than leverage and timing is not energy efficient. In a real fight there is no time limit, so you must learn to save your energy. The only reliable way for you to defeat a larger, more athletic opponent is to utilize techniques that cause your opponent to exhaust energy while simultaneously preserving your own. Before adding any technique to your arsenal, you must verify that it is more reliant on leverage and proper timing than on your athletic capabilities. Do not trust techniques based on strength or speed as they are unlikely to work against a larger, stronger attacker.
- **Gracie Guideline #3: Natural Body Movements**
Any technique that requires you to move your body unnaturally is likely to fail in the heat of battle. Natural body movement is the best foundation on which to build the instinctive reflexes needed in a real fight.

Violations of Guideline # 1 – Street Applicable

With the demand for Brazilian Jiu-Jitsu instruction at an all-time high, thousands of self-proclaimed Brazilian Jiu-Jitsu instructors have opened schools around the world and are creating or modifying techniques at an unprecedented rate. The problem is that most of these techniques violate the first guideline of Gracie Jiu-Jitsu – they are not street applicable. The main reason for the divergence from this foundational principle is that these instructors are creating techniques for sport competition rather than real street fights. Any technique that is designed to work in any kind of controlled competition with all their associated rules, weight classes, time limits, safety considerations, and point systems, will give the practitioner a false sense of security since these circumstances are totally non-existent in a real fight.

Violations of Guidelines #2 & #3

Violations of Guidelines #2 and #3 occur when fast, strong and/or flexible instructors modify the techniques. In contrast, it was my grandfather's lack of athleticism that forced him to develop techniques that relied almost exclusively on leverage making them reliable for any student regardless of their size and athletic ability. Today, nearly all the individuals who are making the adaptations are impressive competitive athletes, and many of their "solutions" to sport situations rely on their superior physical attributes. When a student, who is smaller, weaker, slower, or less flexible than the instructor, tries to learn these techniques, they invariably face difficulty due to their lack of equivalent athleticism. Even if a student masters one of these techniques, they will find it difficult to use it in a real fight against a more athletic opponent. Their reliance on excessive energy or an unnatural body movement will lead to exhaustion at which point they will realize the fundamental flaws in the modified technique.

The Three Fundamental Questions

At Gracie University, our primary concern is to preserve the techniques as they were developed and practiced by the Grand Master so that we can effectively teach them to the greatest number of people. In doing so, we are very careful not to practice or teach any techniques that violate the founding principles. Few schools, if any, share this concern for the preservation of the pure techniques so you must be very discerning when adding techniques and strategies to your arsenal. To test the reliability of a new technique, ask the following three questions:

- 1) Can I apply this technique in a real fight against a striking opponent?
- 2) Is this technique energy efficient enough to be applied against a larger opponent?
- 3) Is this technique based on movements that are natural for my body?

If you cannot answer "yes" to all three questions, then you risk adding a technique to your arsenal that could lead to your demise in a street self-defense situation.

Final Warning

Practicing tournament or sport techniques is risky even if you understand that they will not work in a real fight. In a real fight, you must rely on trained instincts. If you dilute your training with impure, unrealistic, sport applications of Gracie Jiu-Jitsu, you will hinder your ability to respond quickly and effectively with the right technique. Worse, you may reflexively execute a sport technique with potentially disastrous consequences. While there is little harm in sampling other techniques to expand your understanding of Gracie Jiu-Jitsu, you risk developing bad habits if sport training becomes your primary focus.

The "100-Second Rule"

The 100-Second Rule is a strategy for overcoming resistive behavior with the highest efficacy while simultaneously employing the most humane force options. The strategy prescribes holding a resisting subject in a position of control for approximately 100 seconds. When this is employed, the subject's sense of self efficacy is sufficiently decreased allowing the officer to effectively complete the arrest while employing force options that tend to be lower on the force continuum. It has been shown that when one's will to continue to fight/resist is decreased, the officer can be more effective with less force than would normally be required if the suspect still had the will to fight. In other words, this strategy significantly increases both officer safety and force effectiveness while greatly reducing the likelihood of injury to the subject. If at any time the subject stops resisting and appears in need of medical care, the officer must cautiously transition to appropriate aftercare procedures.

The Five Questions

With more than eighty years of experience developing and instructing Gracie Jiu-Jitsu to a wide variety of students, my family has addressed nearly every question and situation that may arise in conjunction with the practice of this martial art. We found that the following five questions cover 90% of all those that our students ask. Furthermore, we found that we can usually answer these questions by applying a set of established problem-solving principles.

If you have a question about a technique, first review the entire lesson to ensure you did not miss something as there are many details in each segment. Next, determine if your problem falls under one of the five most frequently asked questions and apply the problem-solving principles to find your answer. If you're still having trouble, then visit www.GracieUniversity.com where you can post your question to a technical web forum and an instructor from Gracie University will assist you in finding the answer.

Question #1: Why isn't this move working for me?

Problem-Solving Principle: Apply the four reasons that account for most students' inability to execute a technique.

Reason #1: Missing Details

The most common reason for difficulty with a technique is that you simply overlooked an essential detail. Watch the lesson one or two more times to ensure that you have learned every detail.

Reason #2: Bad "Partner" Behavior

We designed the Gracie Survival Tactics techniques to neutralize or counter the most likely attacks that would occur in a real fight. For this reason, it is very important that the "partner" realistically simulates the attacker behavior or else the technique may not work. Review the "Partner Reminders" that are discussed in the presentation.

Reason #3: Bad Timing

Timing is everything. If you feel that you are performing all the steps correctly, but the technique is still not working, there is a good chance that your timing is off. Review the lesson for hints on how you can use better timing to increase your effectiveness.

Reason #4: Physical Limitations

Although the Gracie Survival Tactics techniques have been proven effective for most people, it is possible that an extreme physical limitation prevents you from successfully applying a technique. However, it is very important that you verify that the problem is not due to reasons 1-3 before concluding that you cannot physically execute the technique. If a physical limitation is the problem, we recommend you use your understanding of the Gracie Guidelines to modify the technique to accommodate your body or consider using another technique from the curriculum to solve the problem.

Question #2: What if the partner does something different?

Problem-Solving Principle: The objective of the Gracie Survival Tactics course is to prepare you to defend against the most common attacks that a larger, unskilled opponent would use in a real fight. If during the practice of a technique your partner varies the attack behavior from that covered in the instruction, then consider the following:

Consideration #1: Street Realness

Remember that the Gracie Survival Tactics techniques address the most natural, and therefore the most common partner behaviors. Your training partner's role is to consistently simulate the most common behavior so that you can perfect the techniques as you are most likely to apply them in a street fight. A poor training partner will constantly change behavior to defeat the techniques. This will prevent you from learning the techniques properly and may even promote development of bad habits. We will address all the "what if" scenarios later in your training.

Consideration #2: Training Speed, Street Speed, and the Surprise Element

When practicing, always execute the techniques so slowly that it is impossible to make a mistake. The slow pace and predictability of proper training will provide your partner with many opportunities to counter the technique. Again, your training partner's role is to consistently simulate the most common behavior so that you can perfect the techniques – not to fight with you. Eventually, your diligent and exacting practice will produce precise, efficient, and quick reflexes that will leave your attacker with no opportunity to counter your techniques. In a real fight, you will also have the advantage of surprise since your attacker will have no advanced knowledge of how you react to his actions.

Consideration #3: The Complete Curriculum Will Address Nearly Every Scenario

If the modified subject behavior is legitimate, you can either wait to learn the solution to the problem in a future lesson, or you can use the Gracie Guidelines to develop your own temporary solution. Above all, remember that you must perfect the 23 Gracie Survival Tactics techniques as we present them in the course. Any time you spend on modifications based on less likely subject behaviors will slow your progress and delay your access to the remaining 600+ techniques of Gracie Jiu-Jitsu.

Question #3: Can't the subject punch you from there?

Problem-Solving Principle: Gracie Jiu-Jitsu is a grappling art that puts you within very close range of your opponent. As a result, you must be constantly aware of your opponent's ability to punch you. Here are some facts you must consider regarding punches:

Fact #1: You Will Get Punched

In a fight, the question is not whether you will get punched, but whether the punch will hurt you. We score a punch's effectiveness from 1-10 on the hypothetical "Punch Power Scale" with "1" being a weak punch and "10" representing a potential knockout blow. The objective of Gracie Jiu-Jitsu techniques is to completely avoid all punches that score above 5 and minimize the rest.

Fact #2: Distance is Everything

For a punch to land effectively, your opponent must establish the proper distance and angle. Accordingly, your ability to neutralize punches is almost entirely based on how effectively you control the distance and angles between your face and your opponent's fists. Any time you are within two arms reach of your opponent, you are liable to get hit. The key is to remain calm and understand that you can neutralize any punch by positioning yourself either inside or outside the optimal punching range. When you are inside optimal punching range, your opponent will be able to touch your head but will not be able to hit hard enough to hurt you.

Fact #3: Punching is Exhausting

It takes a lot of energy to punch. Whenever your opponent is throwing punches that score 4 or below, you may take solace in knowing that the punches are probably more exhausting to them than they are damaging to you and that you will soon have the opportunity to take advantage of your opponent's weakened state.

Question #4: What if the subject attacks my eyes or my groin in this situation?

Problem-Solving Principle: Although street fights have no rules, we have found that larger and stronger opponents prefer to punch the face rather than attack the eyes and/or groin. However, to defend against dirty fighting techniques, you must adopt the following priorities:

Priority #1: Respect the Punch

Since punches are the most common form of attack and the most immediate threat at any given time, stopping them must be your first priority. Shift your priority to defend against other types of attacks only if your opponent clearly resorts to a dirty fighting technique (eye gouge, groin shot, biting, etc.). Even when defending against other attacks, never forget to block the punches.

Priority #2: Master the Techniques

You will have truly mastered the Gracie Survival Tactics techniques when you can apply them without conscious thought. Once you reach this level, you will remain calm and easily read your opponent's behavior during a fight leading to quick neutralization of any type of attack before they happen. Your controlling techniques and calm mind are your most reliable defense mechanisms.

Question #5: What if the subject is too big?

Problem-Solving Principle: We have proven the effectiveness of every technique presented in the Gracie Survival Tactics course against larger opponents. Here are some facts regarding the use of the techniques against much larger adversaries:

Fact #1: True Mastery Takes Time

Learning a technique is a relatively simple process that can be accomplished in one lesson. However, perfecting the technique takes months if not years. We have found that your ability to handle larger opponents increases as you improve your mastery of the technique. As your proficiency increases, practice against progressively larger partners until you find your limit – if you have one.

Fact #2: Reach Maximum Potential with Perfect Technique

Most Gracie Jiu-Jitsu techniques will work against an opponent of any size when executed with perfect timing and accuracy. While you can't control the size of your attacker, you can control the amount of time and energy you dedicate to perfecting the techniques. Your ability to successfully apply your techniques against a giant is directly related to your mastery of the skills.

Final Thought

You do not have all the answers. You are not a Black Belt, but you are working towards it, and you are taking your students with you. If you can't solve a problem say the following, "I am not 100% sure, but I will ask the Gracies and get back to you as soon as I find out." (Then give us a call). **Not all techniques are equally effective for ALL students.** If you need to modify a technique slightly to make it work for a student, it is 100% okay. If a student changes because it works better for them, and you can't scientifically disprove it, it must be okay.

The GST Challenge Coin

Keeping with the tradition of challenge coins in military and law enforcement circles, we created the GST coin. By completing the GST course, you are demonstrating your commitment to sharing the principles and techniques of Gracie Jiu-Jitsu to other members of the military and law enforcement community. This coin serves as a token of appreciation for helping us continue a family legacy that spans nearly a century. As a GST instructor, we see you as an honorary member of the Gracie family, and if you ever need anything, we will be there for you.



1. Distance Management – Whoever manages the distance manages the damage in a fight. Serious damage cannot occur unless there is an opportunity, and opportunity comes in form of the correct distance. Our goal is “all the way in, or all the way out.”

2. Energy Efficiency – When you don't have a plan you panic, when you panic you exhaust, when you exhaust you lose. By learning to defend attacks from worst-case scenarios, we save energy and increase our chances of survival.

3. Weapon Retention – Once you enter a grappling distance, your weapon is up for grabs. Learning how to retain control of your weapon from all core fighting positions will enable you to remain safe and resort to the appropriate force option for the situation at hand.

The Gracie Triangle – The Gracie Triangle, the widely recognized symbol of Gracie Jiu-Jitsu, has evolved over the years. Today, it appears on the storefront of every Certified Training Center committed to teaching the techniques and philosophy of Gracie Jiu-Jitsu in their purest form. The triangle represents the stable base possessed by a Gracie Jiu-jitsu master. Regardless of which side it rests on, the Gracie Triangle always has a strong base. The three sides represent the mind, body, and spirit – the three components of Gracie Jiu-Jitsu mastery. The slight indentation near the top of the triangle forms the letter “G” when the log is turned on its side. The two fighters on the inside represent all the practitioners of the art in pursuit of self-mastery – on and off the mat.

*To all of you who risk your lives to bring peace, comfort,
and safety to the world, the Gracie Family has your back.*

The 4-Hour GST Training Module

Although the exact amount of training time varies greatly from one organization to the next, it is a known fact that most law enforcement professionals receive no more than 4-8 hours of defensive tactics training annually. Many would argue that this isn't enough time to make any difference in the officer's preparedness to handle a violent physical encounter with an aggressive subject. Although we agree that more training time would be invaluable, we believe that four hours of GST training can mean the difference between life and death.

The objective of the 4-Hour GST Training Module isn't to create a professional fighter, but rather, to teach the participant the key self-defense principles that will optimize their chances of going home at the end of their shift. Here is what we would teach if only allowed four hours of training time:

1. Trap and Roll Escape (Lesson 2 – Slices 1-2)
2. Punch Block Series (Lesson 10 – Slices 1-7)
3. Shrimp Escape (Lesson 17 – Slices 1-3)
4. Guard Get-Up (Lesson 11 – Slices 1-3)
5. Clinch Control (Lesson 8 – Slices 1-2)

Distance Management Skills

In a real fight, he who manages the distance manages the damage. Aside from learning the most important self-defense techniques from the four primary fight positions: standing, mount, guard, and side mount, the most important thing a student will learn in completing the 4-Hour GST Training Module is how to effectively manage the distance in a fight. By studying the five techniques, students will develop confidence in the idea that if they can effectively manage the distance between them and the aggressive subject, they can reduce or eliminate the possibility of getting hurt. They will learn how to disengage from every position in the fight, and when keeping the distance isn't possible, they will learn how to close the distance to neutralize the threat until the escape opportunity arises.

Additional Training Time

If you are a member of an organization that allocates more than four hours annually for Defensive Tactics, the choice is yours as to what you do with the additional training time. Our recommendation is that you analyze specific work duties and the most common threat scenarios faced by members of your organization, and then handpick the GST techniques that you think will most effectively address those scenarios in the allotted training time.

Action Steps

What you do in the weeks immediately following the Gracie Survival Tactics five-day course will have a profound impact on how well you retain the information. We've found that for each week that passes without reviewing the information, you will lose 10% effectiveness. We advise that you immediately find a friend or family member to begin sharing information with, so that you can go over the steps before they fade away. The second priority should be to set up a regular training schedule through which you can share your information with the other members of your group, division, or department.

The Path to Combat Readiness

Learning a technique and effectively adding it to your arsenal are two entirely different things. Most students learn techniques just fine but have no clue how to make the technique become second nature. To develop street applicable reflexes with any technique in the most efficient way possible, follow these steps:

Step 1: Learn the technique

Step 2: Practice it in a Scripted Fight Simulation Drill

Step 3: Incorporate it into a Freestyle Fight Simulation Drill

Step 4: Successfully apply it during Live Fight Simulation training

Live Fight Simulation

Once a student has developed their reflexes in the execution of all the techniques in the context of the cooperative Freestyle Fight Simulation Drill, they are ready for Live Fight Simulation training. In this training exercise, both participants are required to wear protective mouthguards and one person is required to wear 16- or 18-ounce boxing gloves. The objective of the gloved individual is to present a variety of technical opportunities for their partner while throwing punches.

Punch Intensity: The intensity of the punches should never exceed 20-30% power. The purpose of the gloves is not to enable the striker to attack full force, but instead, to enable them to throw punches from realistic angles without risk of cutting or eye gouging their partner. Ultimately, the intensity of the punches should never exceed what the student can safely handle.

Technical Resistance: In Freestyle Fight Simulation, there is no technical resistance; one person creates the opportunities and the other seizes them. In Live Fight Simulation, the goal of the gloved individual is to present a variety of realistic opportunities but at a progressively increasing intensity level that never exceeds what their partner can safely handle.

Note: Although it is always the instructor's responsibility to maintain the safety of the training environment, it is especially important during live Fight Simulations and defensive tactics scenario training. It is during those types of training events that emotions may run high and participants lose their focus. Instructors must stay diligent and carefully monitor both their own behavior as well as that of the student.

The 6-Month Rule

Although it's not a perfect science, we have found that for every 6 months you dedicate to the practice of a technique, the size of the opponent that it will work on increases 10 lbs. For this reason, you mustn't stop practicing any of the techniques, especially the basics. The reason it takes so long to master a technique is because you need to learn all the "what-ifs" that could happen in combat. Rarely does something occur exactly as it does in practice, but with enough practice it is inevitable that you perfect the techniques enough for them to work on someone 60, 80, or even 100 pounds heavier! Practice is the only way.

GST Teaching Restrictions

You will receive an Instructor Certificate upon successful completion of the Level 1 GST Instructor Certification Course. As a GST instructor, you will be able to teach the Level 1 GST techniques within your organization. The GST program cannot be taught or marketed outside of your organization (for profit or not) without prior written approval from Gracie University Headquarters.

24-Month Certification Benefits

GST instructors must recertify every 24 months. Recertification may be conducted in person or online at GracieUniversity.com/GST using our Video Evaluation Process. Here are some of the benefits of recertification:

- 1. License to Teach Gracie Survival Tactics:** GST is a trademarked and copyrighted program. No instructor should be teaching the GST program, to any audience or organization, if they do not hold a valid certificate.
- 2. Expert Witness Testimony:** Ryron and/or Renner Gracie will only provide expert witness testimony on behalf of an actively certified GST Instructor. If the techniques were taught to the end user under investigation by a DT instructor who does not hold a valid GST Instructor Certificate, expert witness testimony will not be provided.
- 3. Online Video Access:** GST instructors will have access to the online video course for the duration of the certification period. This is a critical resource, particularly as you prepare to train the people at your agency. This password-protected, online streaming video course offers:
 - Detailed video instruction with bullet-point presentations
 - Lesson forums moderated by GST Master Instructors
 - Regular updates to GST techniques to meet the demands of the constantly changing environment that our Law Enforcement officers operate in

Level 2 Certification

The GST Level 1 course was developed and refined over nearly two decades. Even though the techniques have been modified and adapted several times over, the core objective has remained the same: give the user a concise set of defensive tactics skills designed exclusively to neutralize the most common threat scenarios facing military and law enforcement professionals. Since 1994, over 10,000 military and law enforcement professionals have been certified to teach the techniques featured in the Level 1 course, and the time has come for Level 2. Here are the reasons why:

1. Level 1 Limitations

The techniques in the Level 1 course are designed to address the most common threat scenarios facing users, but by no means do they cover every scenario. With so many active users of the GST Level 1 techniques, we've received a substantial amount of feedback regarding reoccurring threat scenarios that aren't addressed in the Level 1 course, and these are the scenarios that we aim to address in Level 2.

2. The "Subjects" Are Learning

With the explosive growth of MMA, the chance of a law enforcement officer having a violent encounter with a trained martial artist is higher than ever before. Even though majority of subjects aren't training at MMA gyms, they are watching it on TV frequently enough to learn the basic fight strategies, positions, and submissions. In the Level 2 course, we presume that the subject may have basic knowledge of MMA.

3. Different Techniques for Different Departments

Over the years, we've observed that the GST Level 1 techniques are absorbed differently by each organization that adopts them. For example, US Customs and Border Protection Agents, who spend most of their time patrolling in the field 10-30 miles away from backup, may gravitate more towards a particular set of techniques than the Los Angeles Police Officers who patrol in pairs in densely populated metropolitan areas. With this in mind, we built the Level 2 curriculum on the widest range of new techniques so that each individual participant can pick and choose what works best for their organization.

For the initial development of the Level 2 curriculum, there were four individuals who went above and beyond to help make it happen: Charlie Moore – (US Marshals Service Training Division, Sr. Inspector/Instructor), Chuck Smith (US Customs and Border Protection, Course Developer/Instructor), Craig Hanaumi (Bellevue Police Department, Defensive Tactics Instructor), and Charles Fernandez (Arlington Police Department, Defensive Tactics Instructor). Not only was their feedback and expertise instrumental, but their technical contributions will save lives. Here is the current list of techniques covered in the Level 2 GST Instructor Certification Course:

- Lesson 1: Twisting Arm Control (Mount/Side Mount)
- Lesson 2: Kneeling Control (Side Mount)
- Lesson 3: Advanced Guard Get-Up (Guard)
- Lesson 4: Advanced Clinch Control (Standing)
- Lesson 5: Outside Trip Takedown (Standing)
- Lesson 6: Multiple Officer Arrest Procedure (Back Mount)
- Lesson 7: Rear Takedown (Standing)
- Lesson 8: Turtle Control (Back Mount)
- Lesson 9: Multiple Officer Takedown (Standing)
- Lesson 10: Wall-Pin Tactics (Standing)
- Lesson 11: Standing Headlock Defense (Standing)
- Lesson 12: Compliant Handcuffing (Standing/Ground)
- Lesson 13: Noncompliant Handcuffing (Standing)
- Lesson 14: Dynamic Weapon Retention (Standing)
- Lesson 15: Dynamic Weapon Retention (Ground)
- Lesson 16: Edged Weapon Defense (Standing/Ground)
- Lesson 17: Tactical Vehicle Extraction (Sitting)

GST Level 2 Certification also counts as Level 1 Recertification, and the course can be completed either in-person or online. Learn more at [GracieUniversity.com/GST](https://www.GracieUniversity.com/GST).

LEGAL and MEDICAL REVIEWS: It is widely known that the tactical effectiveness of the GST techniques have been tested and proven for decades. However, a Law Enforcement agency must also consider the legal and medical ramifications of the tactics and techniques that they use. We are pleased to announce that the legal and medical reviews have been completed on the GST system.

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February 18, 2014

Re: *Gracie Survival Tactics*

To Whom It May Concern,

This letter is to acknowledge my firm's review of Gracie Survival Tactics and its compliance with Federal use of force guidelines for law enforcement based on rulings by the Supreme Court of the United States.

Not only did I view the online teaching demonstrations prepared by the Gracie program, I attended a Gracie Survival Tactics law enforcement school and observed first-hand the teaching methods and explanatory instruction of the law enforcement principles. The teaching methods and practical application of the Gracie Survival Tactics address all levels of force an officer might experience during the course of their work, from passive aggression to active aggression. All techniques and instruction are intended to neutralize the risk of harm to both the officer and the suspect, usually ending with the suspect in custody or the officer disengaging from the suspect. Once the officer disengages and regains the reactionary gap, they are able to utilize alternative tools lower on the standard use of force spectrum.

The methods taught and instruction given are consistent with the current United States Supreme Court rulings in *Graham v Conner*, analyzed under the Fourth Amendment's 'objective reasonableness' standard. The objectives of the techniques and the manner in which they are taught accomplish the officer safety prong of the court's decision that officers use the amount of force objectively reasonable to control a suspect based on the danger to the officer.

While no program can account for user variations, our review shows that the methodology of the techniques taught in Gracie Survival Tactics, when applied correctly, are intended to gain compliance through positional control, limiting the attacker's ability to harm the officer. The techniques are designed to end a violent encounter by providing officers the options to disengage, hold and control, handcuff, or render the suspect incapable of continuing violent resistive action. Because the system gives the officer multiple options, the officer will better be able to appropriately address the wide variety of circumstances that they may encounter in a fluid, rapidly changing environment.

Sincerely,



Ray N. Hosack

Medical Review

Greetings respected colleague,

Advancement of new thinking lays fundamental in the roots of America. I have been a practicing emergency physician for the past 15 years, being witness to the growing epidemic of violence in our culture. To combat its intrusion, law enforcement must evolve its tactics in a manner palatable to society. As a lifelong student of martial arts, coupled with medical practice and SWAT training, my concise medical summation of GST follows active firsthand classroom participation.

This system is comprised of 23 techniques. The 23 techniques described can be characterized into four distinct medical classes. They would be: Vascular restraints, Grounding methods, Joint and limb immobilizations, and Directing and positioning techniques. They are each described below.

Vascular restraints invoke the greatest concern among law enforcement. With regards to Police defensive tactics, there exists a research gap. Thus, clear pathophysiology involving vascular neck restraints remains at a consensus state. To date, adverse outcomes related to these techniques have not been seen by this author. Conversely, I have spent many nights dealing with the repercussions of traditional police tactics especially when dealing with a highly motivated or altered sensorium person, vascular restraints offer a lower injury potential along the force continuum. While select patient populations present an increased medical risk, the risk for long term injury is likely to be lower than other methods.

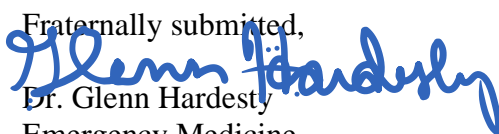
Grounding methods have the greatest potential for unpredictability. Examples here would include the leg hook takedown and double leg takedown. Traumatic neurological injuries rise to the forefront of concern. While no system can account for all variables, the techniques contained within the GST include specific concern for these issues. Attempting to minimize the potential of injury to both parties is a singular distinction of this methodology.

Joint and limb immobilizations using leverage to obtain voluntary compliance is the third division. Hyperextension of a joint during extreme resistance is of greatest concern. However, for the vast majority of cases, compliance would be obtained well before injury occurred. Techniques included in this group would be the Americana, Kimura, and hidden arm handcuff.

The final group, representing the largest portion of the syllabus, falls under re/directing and positioning techniques. These have a lower potential for injury than others and include the shrimp, mount, and punch block series. Primarily involving movement gaining positional advantage, lesser musculoskeletal injuries could be seen with these techniques. They are unlikely to cause serious, long-term injury.

While risk of injury is inherent during any altercation, the GST system places significant emphasis on mitigating injuries. Representing a significant advancement in officer safety for both training and street application while concurrently protecting the rights of the accused, the GST system has earned a place on today's duty belt.

Fraternally submitted,


Dr. Glenn Hardesty
Emergency Medicine

November 10, 2020

Subject: Legal Analysis of Gracie Survival Tactics Curriculum

Mr. Moore and Mr. Gracie:

Thank you both for the privilege of attending Gracie Survival Tactics 1 as a student tasked with analyzing the techniques instructed in light of the current jurisprudence on use of force in encounters between law enforcement and citizens.

Common law has recognized and the United States Supreme Court Holding in Graham v. Connor emphasized that law enforcement officers need not retreat when confronted with resistance to lawful arrest and objectively reasonable force can be used to overcome resistance in effecting arrest.¹ The current use of force issues are analyzed by the Courts under a test of reasonableness which examines the perspective of a reasonable officer on the scene of the encounter as opposed to an a consideration of what might have been done in hindsight. The Fourth Amendment test of reasonableness weighs heavily on factors such as the severity of the crime at issue, whether the suspect poses an immediate threat to the safety of the officers or others and whether the suspect is *actively* resisting arrest or attempting to evade arrest by flight. The presence of severe injury to the suspect is not required to be shown for a legal finding of excessive use of force under the Fourth Amendment.

Consideration of the legal and socio-political scrutiny brought upon use of force encounters between law enforcement and civilians highlights glaring deficiencies in the training curriculums of many law enforcement agencies. These deficiencies can be described as incremental increases in force in the use of force spectrum and agency policies that could be reduced or even eliminated through training curriculum as taught at Gracie Survival Tactics. Because the nature of the offense committed by the suspect is a reasonableness factor analyzed in use of force issues, it is important that law enforcement officers have the necessary empty-hand non-lethal training to deal with suspects in traffic or misdemeanor offenses where, often unexpectedly, use of force is required to effect an arrest. The untrained officer is left with options of escalating use of force to potentially lethal and/or potential serious bodily injury to self and/or others. Gracie Survival Training provides not only the tools and methods to the officer to prevent the need for escalation but also for de-escalation once the suspect is secured. The techniques also provide the opportunity to minimize injury to the suspect while maintaining crucial officer safety. Another deficiency often found in officer training curriculum is survivability technique when the suspect attacks, as opposed to resists, the officer. This scenario often involves the suspect attempting to obtain the officer's firearm and is often in a case involving an underlying felony violent crime. Gracie Survival Tactics gives not only comprehensive methodologies and techniques to increase officer safety and survival, but these techniques potentially avoid use of lethal force by giving the officers options upon securing the suspect in a violent attack.

In conclusion, Gracie Survival Tactics offers effective training that can eliminate escalation, provide opportunities for de-escalation, increase officer survival and reduce officer and suspect injury. Having practiced criminal law as both a prosecuting attorney and defense attorney for over twenty years, I have not seen another training curriculum that provides the specialized benefits to the law enforcement officer as does Gracie Survival Training.

Sincerely,

Rod R. Skiff, Attorney at Law

Pre-Event Indicators

By James Smart

INTRODUCTION

In combat terms, we normally talk about Pre-Fight or Pre-Assault indicators. These are all very well, however, whilst engaged in what is normally a verbal interaction at more or less a one-arm distance, the skill required to see and respond to a Pre-Fight indicator is significant. Additionally, we know that it takes 0.75 of a second to physically respond to a visual input. If a suspect is standing 10ft away and rushes an officer, that officer has about one second to respond with action. Seeing the Pre-Fight indicators at one-arm's distance is simply on the losing side.

A Pre-Event indicator is a subconscious, normally preparatory thought, manifesting itself as a physical action. If an officer has the ability to see the Pre-Event indicator when the suspect is at a greater distance, it will put the officer ahead of the time curve and be able to take measure to prevent the assault from happening or prepare his or her plan in the event that an assault does happen.

There are many Pre-Event indicators that we all carry out in our everyday life, but not necessarily related to fighting. Sometimes called "Cues" or "Tells" in card games, in the *Gift Of Fear*, Gavin De Beker refers to them as PINs.

WHAT ARE THE PRE-EVENT INDICATORS?

There are many Pre-Event indicators, however, there are five that have a higher ratio of being exhibited before a violent or criminal action than any of the others, so we will focus on these five, helping reduce complexity and increase our chances of seeing them. Any time an officer can cluster two or more Pre-Event indicators together, it's a very good sign that a criminal action is about to take place.

1. Self-Grooming: Self-Grooming is a repetitive hand movement around the face, head, or neckline, normally accompanied by talking. It is generally not a single movement, like a scratch to the nose, but it will look more like nervous and agitated movement. Self-Grooming happens when the suspect is in fear of being caught doing or saying something. An example of Self-Grooming might include a person telling an officer they are not carrying drugs while one of their hands is repeatedly rubbing their neck line.

2. Target Glancing: Target Glancing is an excessive movement of the head. When an approach is made, or an action the suspect is in fear of getting caught doing is being carried out, target glancing will occur. The suspect will look at the target, then proceed to look away to check and see if they are going to get away with what they are about to do and then look back at their intended target. This looking at the target and looking around will happen a number of times before the assault actually happens. It is the suspect's brain saying, "check now," "check again," "one last check," go!

3. Indexing: Indexing is a repetitive hand movement, normally to the waistband. It is an action of subconsciously checking that what we are about to use, is still where we put it. Police officers and criminals alike carry weapons around their waist, as such, the waistband is the most common area to see indexing. As the suspect starts thinking about the use of the weapon, he or she will start to touch the area of the waistband where they were carrying the weapon prior to the furtive movement (a Pre-Fight indicator) of weapon acquisition. Isn't it better to recognize the Indexing (preparatory) rather than the furtive movement (doing)?

4. Hidden Hand: This one is as obvious as it sounds. If the suspect is carrying a weapon, wants to conceal it, but at the same time wants to keep it available for use, he or she will hide the hand that is carrying the weapon. However, they won't normally hide the hand too far behind their back because this would make it a longer process to get the weapon in use. So, often what we see is the hand more behind the leg than behind the back. The consequence of this and the visual cue for an officer to look for can be an unusual gate in the way the suspect is moving or a blading of the stance, keeping the weapon-side slightly back from the officer. Another even more reliable cue for the officer to keep in mind is, "I must always be able to see the suspect's hands."

5. An Interception or Correlation of Movement: There is no attack that has been carried out in the history of man that has not involved an interception or correlation of movement. An Interception of Movement happens when the path of the officer is intercepted by the path of the suspect, creating what we commonly know as the “X;” the point at which the suspect intended the attack to happen. A Correlation of Movement happens when the path of the officer and the path of the suspect match, but in an attack situation, they normally converge where the suspect intended the attack to happen. These Interceptions or Correlations of Movement might occur on a larger scale at a few yards distance or they might occur on a smaller scale when an officer interviews a suspect and the suspect takes one step to be able to make contact.

SUMMARY

All of these actions can be summarized as “abnormal behavior.” If the officer can be aware of and spot abnormal behaviors and cluster them into two actions, even without analyzing what they mean, then the officer should take action to create distance or be pre-emptive in his or her next action. There is a very good chance that he or she will have averted an unwanted action by the suspect.

What does all this tell us? Space = Time and Time = Earlier Pre-Event recognition and better decisions.

The 9 Vital Strategies for Implementing GST at Your Agency

By Charles Fernandez

How many law enforcement officers have gone through a Gracie Survival Tactics (GST) course, been amazed at the effectiveness of the system, couldn't wait to get back to their agency to share their newfound enthusiasm with their brothers/sisters in arms, only to have their testimonial ignored? The decision makers rebuff their efforts to adopt the GST system by claiming "We already have a system," "we can't use that kind of stuff," or "that stuff isn't good for law enforcement."

Over the years, many officers have approached me complaining about ineffective or unrealistic defensive tactics and the lack of willingness to address the deficiencies. These officers relied on the department's experts to train them to effectively control people and defend themselves in the field. Then, they became disillusioned when the techniques failed them. In the end they either became dissatisfied or were openly critical of the training. Most importantly, they lacked the skills they needed to survive a violent encounter with a suspect. The few who sought additional training, usually at their own expense, often found the techniques were no more effective or were inapplicable due to limitations on legal use of force. The officers reported:

"...I remembered hitting the suspect just like I was trained and he didn't even flinch...I didn't know what else to do..."

"...I was able to apply handcuffs in two seconds during training...it didn't work on the street...I felt totally exposed..."

"...Even with two of us there we couldn't control him...he was a big guy...it took a polyester pile to finish it..."

So, how can we be part of the solution, ensuring your agency employs a system that balances the tactical effectiveness required for the officer to prevail in a confrontation, while at the same time, using proportional force in achieving lawful objectives? Wouldn't it be great if you had a "volume control" knob to adjust the level of force used? What if the system didn't depend on strength and worked for smaller statured officers? The solution is using proven methods that actually subdue resisting opponents with the least amount of force.

THE PROBLEM

INABILITY TO EVALUATE THE SYSTEM. Some "systems" are in place because a self-appointed defensive tactics expert established the program in the distant past and the agency leaders simply had no ability or inclination to assess its effectiveness. Too often, a system "briefs well," but fails in application. Let's face it, there are many systems out there that have charismatic instructors, even if the techniques are ineffective. I have seen many officers "drink the kool-aid" of a particular system because they were mesmerized by the instructor's personality.

WRONG APPROACH. Many defensive tactics systems advocate what I call the "Harder! Faster! Stronger!" approach relying on physical attributes such as speed, strength, and explosiveness. The problem is that not all officers will ever have these attributes. There is an old saying "You can't teach an elephant to be a gazelle and you can't teach a racehorse to be an ox." No matter how hard you try, you will not be able to teach a 100-pound officer to be bigger and stronger in order to successfully and consistently overpower an athletic 250-pound, determined, attacker. This "Harder! Faster! Stronger!" approach may also increase the likelihood of excessive force allegations.

FEAR OF CHANGE. I realize that no two law enforcement agencies are alike, but there are some common organizational obstacles we face when attempting to reform defensive tactics programs. Changing a DT program involves taking some risk. Whenever an agency head changes methods, they expose themselves to criticism as they now "own" any new problems that arise as a result of their decision. DT training must balance tactical effectiveness with proportional force. The law enforcement profession is inherently conservative. For many, it is safer and easier to stay with the herd than be eaten by the

litigious wolves. In most cases, one person oversees the defensive tactics (DT) in an agency.

They are usually in that position because the chief, or agency head, views them as a subject matter expert. Most chiefs are too busy with other duties to spend any time analyzing their DT program, so the appointed DT expert has a powerful vote on any changes to an existing system and often views any attempts to reform the system as a personal attack on their expertise and credibility. Finally, realize that especially in larger departments, you are probably not the first to approach your DT Coordinator with news about the effectiveness of a new program or new technique(s). You must first understand how the above factors affect your DT coordinator in order to tailor a strategy to address them. Now that we understand the problem, we must get to work solving it.

THE SOLUTION

After many years of frustration and failure, I was finally able to implement an effective, efficient, legally defensible, and flexible defensive tactics system that worked for all officers. The following nine actions were the keys to success.

1. Always realize the importance of your mission: Bringing effective techniques to the officers at your agency. Keep this front and center to maintain your motivation when you face the challenges and setbacks you will surely encounter.

2. Get the most out of your training: To sell, organize, teach, and defend the system from criticism, you must first be very familiar with the system. For example, you might hear someone say “the Gracie Survival Tactics recommends going to the guard and we all know that’s bad for law enforcement”. If you understand the system, you can enlighten them by telling them that the GST system also recommends staying on top in a fight and they only train from the bottom in the event that they are forced there by a bigger stronger opponent. I strongly recommend taking copious notes at your next GST seminar. Even if you don’t think that you need to take notes, you can always learn something new, even if it is just a better way to explain the aspect of the system or the training. Not only is this important for your students, but also for enlightening administrators about the system. Your audiences will sense your confidence and enthusiasm in the system.

3. Create your own GAPP list: Gracie University understands that an agency may not have the resources to train the entire GST system. So, they compiled a smaller list called “GAPP (Gracie Academy Premium Picks) techniques” and a compressed four-hour lesson plan for use when you have limited time and resources. Because you may not be allowed to teach the entire system, you should compile your own premium picks. If you could only teach a few techniques, what would they be? This list should be based on your agency’s unique needs. If those needs are successfully met, it is likely your agency will adopt more of the system.

4. Know your own policies: I have consulted with countless officers about adopting the program at their agency, and I have always been surprised to learn that they do not know their own policies in regard to this subject. Is it written in the policy that they can only do a particular system? Are there types of techniques that are forbidden? What is their Use of Force Continuum or Response Options Wheel or Response to Resistance Matrix? Or are they on a progressive constitutional based model? It is vital to know this because you should not concentrate your efforts on something that is explicitly forbidden in policy (changing policy is a longer range and much more difficult goal). Remember, to win in any arena, you must first know the rules of the game.

5. Become familiar with Use of Force case law: When people say that you can’t use GST, you should refute them by citing federal and state/local case law, in addition to (as already addressed above) department policy. Study Supreme Court case law as it universally applies to the entire nation. The Circuit Court of Appeals and the Federal District Court in your area are also important, as are relevant state and local court rulings. At a minimum, you should be familiar with the primary Supreme Court ruling regarding police use of force: *Graham v. Connor*, 490 U.S. 386 (1989), which lays out the guidelines for application of force by introducing the Objective Reasonableness standard. Additionally, knowledge of case law will also help you design your training. You can train officers to use a particular technique with the appropriate stimulus or level of resistance that is consistent with case law. It will also help you as questions will inevitably come up regarding the parameters of application, in addition to how they should document it. Finally, knowledge of case law will increase your credibility with your DT coordinator/chief by showing them that you are also addressing the legal/liability side of this issue.

6. Learn how to write a lesson plan and properly documents your training: Every state has a licensing department or commission. In California and other states, they have POST (Peace Officer Standards and Training), Michigan has MCOLES (Michigan Commission on Law Enforcement Standards), and in Texas we have TCOLE (Texas Commission on Law Enforcement). Contact your state's training standards office and learn how to properly document your training. Bringing a certified instructor and having a properly documented lesson plan will add to your credibility. In this type of situation, credibility is everything!

7. Co-op the DT coordinator, don't threaten him: The DT Coordinator is accustomed to others trying to undermine him or to take his position. Consequently, it is natural for the DT Coordinator to become somewhat guarded when approached with new ideas. The best way to make an ally of the DT Coordinator is to have him attend a GST seminar with you. "A prophet is not respected in his own land" holds true here. He/she may not listen to you, however, another expert (such as a Gracie University Instructor) can say the same thing and will be heard without the same level of resistance. Remember, having patience and tact is paramount!

8. Move incrementally: Chiefs and DT coordinators are generally averse to large scale change. In the police culture, it's considered unprofessional to press an issue once the chief has made a decision. A more viable and safer approach than attempting to make a major change in the DT program is to make changes in incremental steps. For example, introduce the most essential technique – one that is least likely to be rejected like defending from being mounted with the attacker choking the officer. If the technique is framed and introduced properly, it is very hard to refute its appropriateness, proportionality, and effectiveness. In other words, make sure you place every technique in the proper context. Once the agency is comfortable with those initial techniques, you can gradually add more techniques until the complete system is in place.

9. Always know your target audience: Who you are talking to usually falls into two groups: the rank-and-file officers and the administrators. The rank-and-file group is primarily concerned with tactical effectiveness, what works and what does not. When speaking with someone from this group, you should emphasize how the GST system has a long documented 90 year history of being effective against resisting opponents. The second group, the administrators, must answer to City Hall, the media, and the public for the actions of any of the officers within their purview. With the administrators, you can emphasize how humane the system is and that it's very "camera-friendly". I usually start out by stating that an officer can be 100% justified in their use of force, but if it but if it "looks bad" to the uneducated observer, the the department and officer will have a tough road ahead regardless of how righteous it might have been. Administrators identify quickly with this phenomenon because they want to avoid the nightmare scenario of an excessive force lawsuit on the evening news.

These nine strategies will help any law enforcement officer in bringing about positive changes in their agency. While each agency will be different, these basic strategies are adaptable and can be applied at anywhere. Expect it to be a long hard road, but in the end, the officers in your agency deserve nothing less!

The 10th Vital Strategy

By Charles Fernandez

Several years ago, there was an article titled: “The 9 Vital Strategies on Implementing GST at your Agency,” to help those individual LEO’s, who saw the value that GST can bring to their agencies and communities. Often, these individual officers were not in a position that they can easily influence change. Some were junior officers (under 10 years of tenure) who were assigned positions such as the midnight shift patrol. Conversely, some were experienced officers who have been at their departments for many years yet could not overcome the obstacles for positive change at their agencies. Essentially, the article was intended to provide a menu of options for anyone at a law enforcement agency to overcome these challenges. While the feedback over the years has been overwhelmingly positive, the 9 Vital Strategies cannot overcome every obstacle in every agency.

In those cases, the most difficult obstacle is a gatekeeper who is obstinate in resisting change. Although not all agencies are structured as such, the most common “gatekeeper” is the head of the training program often called a “Defensive Tactics Coordinator,” “DT Coordinator,” “Lead Tactics Instructor,” “Lead Arrest and Control Instructor,” or a similar title. Although this is typically an officer of a lower rank, they possess great control over what is taught and not taught.

When this program head/gatekeeper is resistant to any changes, it is constructive to explore the reasons for this. One must consider that to obtain their present position, the program head has been fully immersed in the established defensive tactics system of their agency. Not only have they trained in the established program, but they have risen through the ranks of that system. It is human nature that when one overcomes a challenge, such as passing a test or achieving a rank, they become emotionally invested in that system or program. While many will have the emotional intelligence to look at something new with an opened mind, not all can.

Nevertheless, even when these individuals are opened to the proposed changes, they must interact with those gatekeepers above them. Although, over time, they have achieved considerable influence and credibility, it is still finite. Therefore, they are not likely to spend that political capital haphazardly. They do not wish to be seen by their superiors as chasing every fad. If they are not familiar with how established GST is, they will believe their superiors will perceive this as another fad.

Another type of gatekeeper in the organization, that the officer must convince, is usually the training command staff. This is typically in the form of a training commander. In some agencies, this may be the final level of approval needed. The challenges of this level are the same as the program head, with the exception that this individual has budgetary issues to address. Often, they have to reconcile many training needs from limited funds. When they are faced with deciding between non-tactics courses such as verbal de-escalation training and tactics training, there is a definite pressure to shift the funds to the verbal de-escalation training. For some, they must overcome an additional hurdle in the form of the agency command staff. This level is often a repeat of the same challenges faced at the training command level. However, it cannot be overstressed that usually tactics training is even less valued at this level.

It is important to reiterate that not all agencies have this type of structure. A different, yet common, situation is the small agency officer. This officer may have more freedom from his or her agency in their tactics but is greatly limited by budgetary issues. Often these agencies have little to practically nothing in their training budgets. Consequently, it is not uncommon that these officers have not had any training since their basic academy. Many of these agencies do not have any type of Use of Force Continuum or policy that addresses empty hand tactics. Often, these officers have expressed that they feel like they are “in the dark” when it comes to what to do when they encounter any type of resistance beyond the obvious subject displaying a deadly weapon. These officers have frequently reported that they do not know where to even begin in requesting the funds for this type of training from their agencies.

As stated above, the “The 9 Vital Strategies for Implementing GST at Your Agency” article gave the officer a broad step-by-step guide to be used as a reference in their struggles. Although officers from all over the nation have achieved success with the 9 Vital Strategies, some still could not overcome the above obstacles. The good news is that another great tool has evolved during those years since the article was first written.

Enter the 10th Vital Strategy: The Gracie Breakdown videos were created to help a viewer understand what is happening in a fight, whether it’s a real street fight or an MMA match. Only with an understanding of what actually happens in a street fight, can one appreciate the value that Brazilian Jiu-Jitsu can bring. In the early days of the UFC, the fans would actually “boo” when the fight went to the ground and would cheer when the fighters would stand and strike. Since most fans did not understand what was happening on the ground, they could not appreciate it. The Gracie Breakdowns played a huge role in educating viewers in what they were missing when viewing the fight in all its facets

and positions. The Gracie Breakdowns then began to also analyze Law Enforcement videos. In retrospect, this was a huge development as it addressed a significant issue currently facing our society. This topic was identified and discussed in the article, “How Cellphones and MMA Impacted Law Enforcement”. The article detailed the phenomena of the cell phone camera’s impact, how it enabled the average person, who has never seen anything beyond a Hollywood choreographed fight, to routinely watch actual law enforcement force encounters. Consequently, they started judging real force incidents based on their knowledge of the fantasy fights of Hollywood cops. With the bully pulpit of social media, the viewer would espouse their misinformed opinions. This has serious repercussions to LEOs as both juries and judges are not immune to this persuasive distorting influence. When the T.V. cop kicks a gun out of the suspect’s hand, it programs the American public to automatically expect that level of superhuman performance from its police officers. While there were online entities that attempted to relay the very real challenges of what a police officer faces, none had any significant audience outside of the Law Enforcement community. These entities were “preaching to the choir.” What was needed was an education for the general public. The Gracie Breakdowns, having started outside the LE forum, already had a wide audience consisting of the general public. Not only has it been on television multiple times, but each of its videos routinely achieve over 10,000 views on YouTube with the highest video having over 14 million views at the time this was written.

The Gracie Breakdown broaches the divide between Law Enforcement and Citizens. It shows the limitations of what humans can and cannot do, that human limitations apply to both cops and non-cops. It is only when the citizen truly understands what the officer is facing, can they then be a fairer judge of the force incident. Although articles have been written about the harrowing experience a fight can be to an officer, a Gracie Breakdown video is able to relay these challenges to the average citizen in a way that the printed word cannot. When a community better understands these challenges, it fosters the type of environment that every LEO should hope for.

The Gracie Breakdowns can also work as the “10th Vital Strategy” by traversing the hierarchal fences that are usually insurmountable to the lower-ranking officer described at the beginning of this article. Showing a Gracie Breakdown to those gatekeepers (DT coordinators, training commanders, and police chiefs) plants a seed that encourages them to begin investigating for themselves and coming to their own conclusions. There are a couple of advantages this gives the officer. Firstly, there are some people who cannot be swayed by abstract reasoning, no matter how logical. They must *see* to believe. Because the Gracie Breakdown is a video, it will gain more traction, with this type of person, than any written dissertation. Secondly, if the gatekeeper is the type of person who will only support an idea if they believe that it is their own, it will be difficult to convince them with a direct request. This is especially difficult if it is a suggestion or request by a subordinate. Instead, just sending them a Gracie Breakdown and letting them to come to their own conclusions often allows them to save face, as it is human nature to support one’s own ideas more ardently. Additionally, it doesn’t attack any DT systems but empowers the viewer to come to their own conclusion based in reality.

For the small agency officer, the Gracie Breakdowns can be educational on force aspects that they may have not been exposed to. In one Gracie Breakdown video, Use of Force continuums are explored and explained. This can be an extremely valuable lesson of proportional force for officers who work for agencies that lack a vigorous training program. Although, their training program’s deficiencies may be considered by the courts, ultimately the courts will hold the individual officer accountable for their actions. If the commanders of this type of agency see the educational value that the Gracie Breakdowns can bring, they will naturally be more likely to sanction their officer’s proposals for change. In fact, some small agency officers have reported that their commanders have actually begun to use the Gracie Breakdowns as training videos in their role-call training.

When officers are compiling any dossiers or presentations to request change, it is recommended to look to “The 9 Vital Strategies for Implementing GST at Your Agency” for insight into this challenging quest. However, to maximize the odds of success, this additional “10th Vital Strategy” is recommended. This would entail perusing the Gracie Breakdowns on Law Enforcement situations and include the ones that have pertinent information that help support their proposals based on their agency’s unique situation. Thus, this can be considered the “10th Vital Strategy” to successfully bring positive change to your agency.

GST Integration Guide

Overview:

Over the years, after completing the course, it was common for a GST graduate to return to their agency, eager to share the new techniques and life-saving strategies with all of their fellow first responders whom they work with. To their dismay, they are often greeted with hesitancy, skepticism, or even outright rejection from their leadership. After all their investment in the training, the knowledge stops with them as they are prevented from sharing it. They often report a sense of frustration and failure when their requests are denied. This overview is designed to give the GST graduate a basic template to assist them as they formulate their strategy on getting approval to share GST at their agency.

Tailor It to Your Situation:

No two agencies are exactly the same. Each agency will have their own distinct policies, standard operating procedures (SOP), general orders, and even organizational culture. Therefore, there is no universal approach that will work with every agency. In fact, even within an agency, each chain of command, shift, substation, or precinct will have their own distinct subculture. Consequently, an individualized strategy must be formulated that accounts for the factors of their unique circumstances.

Not All or Nothing:

You may feel the need to take the approach of “all or nothing”. This has a high risk of failure if you do not remain flexible to adapt to the situation. Nothing creates more hesitation with most police administrators than whole-sale change – regardless of the need for the change. Whole-sale change will create the perception of risk and work. When an administrator approves a change, if anything goes wrong, they are often held responsible for the change. On the other hand, if there is no change, they will be able to deflect the blame on previous administrators who originally approved what is now the status quo. Whole-sale change will also create a perception of additional work. Often, they are already extremely busy and will not be enthusiastic about adding to their workload. On the other hand, there are exceptions such as after a critical incident or any other recent occurrences that will create an impetus for organization-wide change. You must be aware of this status to determine if the will to change currently exists. If it does not, then an incremental strategy is recommended. In most organizations, once you get a “no,” it is very difficult to ask again. Therefore, if you are in doubt of your organization’s willingness to change, the incremental strategy offers the highest likelihood of success with the lowest risk.

Incremental Strategy:

The idea behind the incremental strategy is to teach some of the GST lessons and add it to the existing training. For example, if there is an 8-hour in-service training day and you can only get 4 hours to introduce the GST training, then perhaps you would choose the 4-hour block (which is in this manual). You can also tailor your own 4-hour block by adding in any of the lessons that you feel that your agency needs and would accept. It is common that after one training cycle of end-users getting introduced to GST, the reviews are so impressive that it results in a bottom-up push to integrate GST further. Sometimes this will take a few years. Although it seems like a long time, keep in mind that organizational change is a long road. If you stay on the path, the results will be well worth the perseverance and patience. If there is no in-service training allotted to Defensive Tactics (DT) or if you do not get approval to implement into the existing in-service training, you may need to start small and gradually work your way up. Below are some increments of implementation from small to large. Please note, it is always preferable to begin further down the path, but it is not always possible. So, start where you can and persevere to work your way up:

Off-Duty Voluntary Training – This can be as simple as a weekly timeslot that the members of the agency can attend to get the GST training. When you amaze them with your adept use of the SPF, it will create a word-of-mouth that will engender a grass-roots movement that will support your efforts to accomplish further integration.

On-Duty Voluntary Training – Lesson plan/follow protocol. This is commonly a situation where the individual officers on a shift/substation will submit training requests so that they can attend the training on-duty. Although

it's not mandatory training, they would get all the benefits of receiving official agency training credit as well as getting paid for the time.

Mandatory Training with the Established/Minimal Hours – This is where you insert the GST training into the already established mandatory training.

Mandatory Training with Increased Hours/Increased Frequency – This is where you add a GST class to the organization's required training. This is "above and beyond" what is already mandatory thereby increasing the officers' minimum training hours. For example, if you already have one 8-hour mandatory training day of defensive tactics, you would add an additional defensive tactics day to the requirement. The additional day would be the "GST day" whereas the original day would remain and still be comprised of the original non-GST material that the leadership did not want to discontinue.

CTC Partnership Program – This is a revolutionary program where a police agency partners with a local Gracie University Certified Training Center (CTC). This partnership entails the agency paying a low per class/per officer rate so that the officers can train in jiu-jitsu during on or off duty time (depending on what the agency approves).



It should be noted that once you achieve a certain level, it is preferable not to abandon the previous level. For example, if you have successfully had achieved On-Duty Voluntary Training, you should not abandon the program once you achieve In-Service Mandatory training. The optimal program consists of all the listed elements.

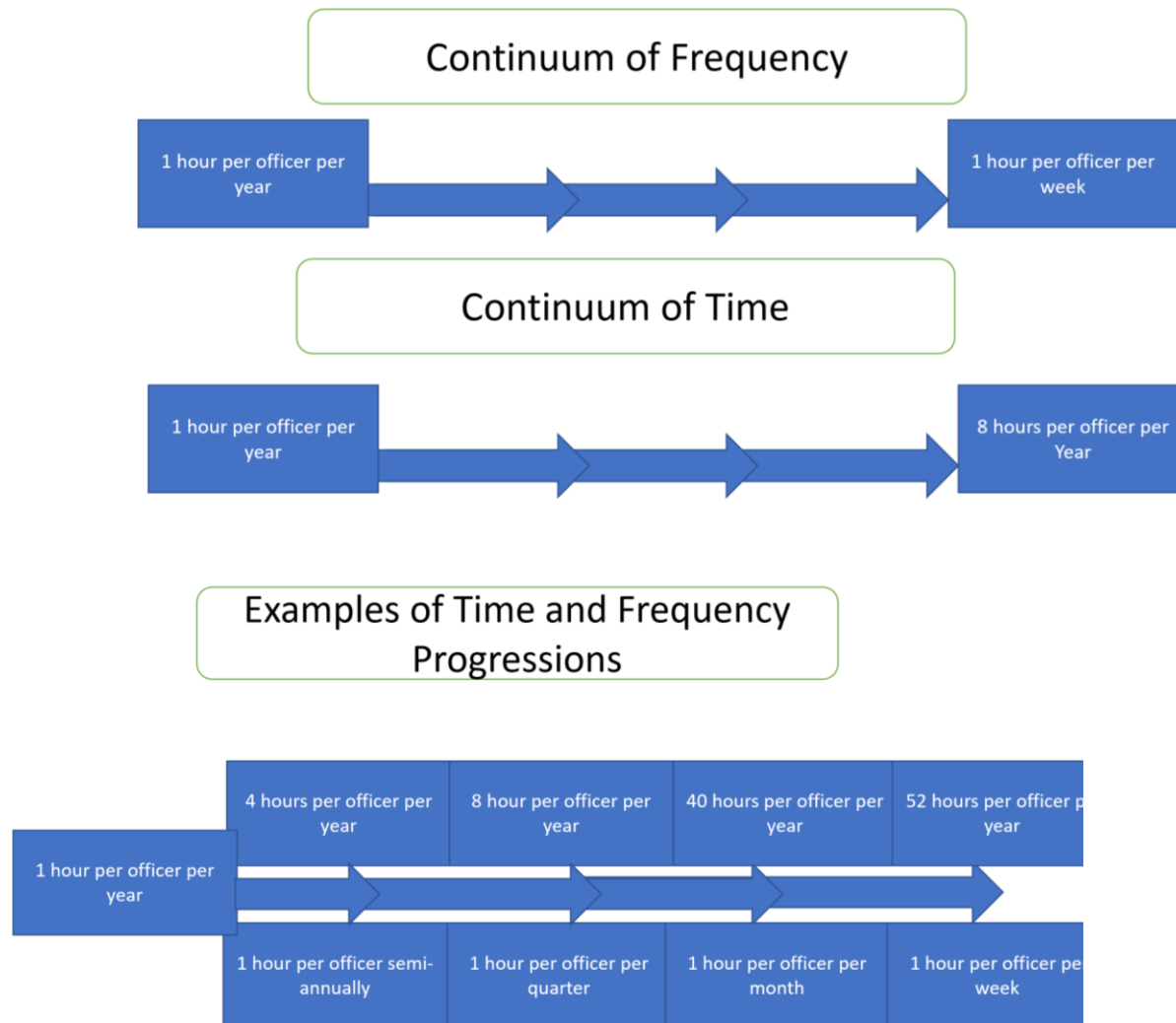
Variables of Integration:

There are countless paths to integration. A few of the key variables are time, frequency, and volume. Each agency will require a different path with regards to integration.

Frequency represents how often the GST training occurs.

Time represents how many hours of GST training an officer gets.

The below graphs illustrate these variables:



**Note: the above figure depicts only two examples of an infinite number of combinations regarding time and frequency.*

Volume represents how much of the GST system is trained. It can be as little as one technique. It can progress to encompassing all the techniques of all 40 GST lessons (this is comprised of 23 lessons in Level 1 and 17 lessons of the Level 2 system).

Study Your Organization's Policies

It is very common for officers to be unfamiliar with some aspects of their own policies when it comes to training for DT. In fact, it is not uncommon for supervisors and executives to also be unfamiliar. It is strongly recommended that you study your policy (General Orders, S.O.P.s, Personnel policies, etc) so that you know every DT training will relate to policy. This knowledge will be vital when you design your request for the training.

Open Invitation to Train

Invite the supervisor or executive to participate in one of your classes. They may not feel comfortable as they may be visualizing the traditional way DT has previously been trained over the years (embarrassment, injuries, etc). Even if you are already incrementally implementing GST, a supervisor or executive can absolutely hasten the implementation if they become enthusiastic about it.

Introduction to Supervisor or Executive

Although each organizational hierarchy is different, it is likely that you will have to get permission from someone above you in the hierarchy. Be very careful to adhere to your chain of command as skipping steps commonly referred to as “going over someone’s head” or “doing an end-around” will likely bring severe rebuke and the request for GST training will also be rejected as a result.

Appeal to Their Perspective/Reality – Not Yours

It is a common mistake to present the solution to a problem that is primarily a problem to the end-user of a defensive tactics system. Remember, those who make the final decisions on these matters are very rarely the ones who use them on a daily basis. It is human nature to perceive a problem from your own perspective, which is why you must make a concerted effort to see this from their perspective. This tends to have the effect of the administrator listening with an open mind knowing that you are seeing the situation from a more global perspective.

Speak Their Language:

It is important to utilize the parlance and nomenclature of the administrators. One word that commonly describes a feature that is central to organizational leadership is establishing what many call a “business case” for the proposed change. Using words like this will increase your credibility.

Business Case:

Common points when presenting a business case include the following topics:

- Why it’s good for the community. The fact that the system is de-escalatory in nature enhances the safety of the subjects whom officers are using force on.
- Why it’s good for the organization. The fact that the techniques are benign in appearance is central to getting the support and understanding of the community. In contrast, many of the previous “best-practices” are comprised of inflammatory appearing techniques whose appearance tends to result in the lay-person concluding that it’s “police brutality”. This is often the public perception regardless of if the inflammatory appearing tactics are justified and lawful. The term “lawful but awful” is often used to describe this.
- Why it’s good for officer decision making. Poor officer decision making is a challenge that will resonate with most police administrators. Often, dealing with one officer’s poor decision(s) is perceived as one of the most challenging aspects of being a police chief. The GST system’s emphasis on slowing the fight down and staying calm during the fight will enhance the officer’s ability to utilize their prefrontal cortex. This part of the brain is necessary for proportional force and good decision making. Conversely, if the officer does not keep their prefrontal cortex (PFC) online, the amygdala portion of their brain takes over which is driven by anger and fear resulting in the unwanted behaviors of fight, flight, freeze, and/or submissive behavior. Giving officers the tools to keep their PFC’s online not only helps the officer prevail in a physical conflict but helps them keep their facilities available so that they can adhere to applicable policies, general orders, laws, and best practices during acute stress.

Consider putting the above factors in a formal PowerPoint presentation. In some organizations, a formal presentation will garner more credibility and professionalism.

Remember, what is important to you isn’t necessarily important to others, so remaining flexible so that you can adapt your presentation is key.

Concluding Thoughts:

There are many ways to get GST integrated. The best way depends on several factors from both within your agency as well as your local government and the community it serves. If you need additional help, do not hesitate to contact GST@GracieUniversity.com so that we help you assess and navigate the process.

The Marietta Police Department Case Study

Marietta Police Department (MPD) first got their defensive tactics instructors certified in the GST program in 2009. On April 1, 2019, MPD instituted a training program that made weekly Brazilian Jiu-Jitsu (BJJ) training mandatory for all new hires during the five months they were in the police academy. The training took place at a carefully vetted civilian owned/operated jiu-jitsu academy within the community. The program was so successful that on July 1, 2020, they extended the department sponsored BJJ training opportunity to all in-service officers. Over time, 95 of the 145 sworn MPD officers opted in to the BJJ program. Here is a summary of the data after 18 months:

Training Injuries

- MPD has had 95 officers attend over 2,600 civilian-operated BJJ classes with **one (1) reported training injury**, a broken nose.

Taser Deployments

- Since the inception of the program, non-BJJ officers used their Taser in 77% of UOF incidents.
- BJJ officers used their Taser in 54% of UOF incidents (85% of which were used to stop a foot pursuit – not to end the physical altercation).
- **23% reduction in Taser deployments.**

UOF Injuries to Officers

- In the 18 months prior to instituting mandatory BJJ training, 29 officers were injured while carrying out arrests.
- In the 18 months after instituting mandatory BJJ training for new hires, 15 officers were injured while carrying out arrests.
- **48% reduction in officers' injuries.**
- None of the injured officers were enrolled in the BJJ program.
- Based on an average workers' comp claim of \$4,768, the total **savings from the reduction in officer injuries is estimated at \$66,752.**

UOF Injuries to Suspects

- In 2020, there were 33 UOF incidents involving Marietta PD officers: 20 incidents involving non-BJJ officers, and 13 incidents involving BJJ-trained officers (classified as officers who participated in at least (1) off-duty BJJ class per week).
- In the 20 incidents involving non-BJJ officers, the suspect sustained injuries requiring medical clearance 65% of the time (13 incidents of suspect hospitalization).
- In the 13 incidents involving BJJ-trained officers, the suspect sustained injuries requiring medical clearance 31% of the time (4 incidents of suspect hospitalization).
- **The suspect is more than twice as likely to be required medical clearance/hospitalization in a UOF encounter with a non-BJJ officer than with a BJJ-trained officer.**
- 53% reduction in serious injuries to suspects.
- In 2019, our night shift was responsible for 44% of the departments UOF and only one BJJ officers was assigned to the shift. In 2020, 75% of the officers on night shift were BJJ practitioners and the total number of UOF was reduced to 18%.

PD Private Partnership Success

For an agency to achieve the kind of success found in Marietta, officers need to get more than the state-mandated four or eight hours of in-service defensive tactics training per year. Officers need to engage in the weekly practice of Brazilian jiu-jitsu, and at all agencies where this is being done successfully, the agency has partnered with a privately owned jiu-jitsu school in the community. Given that the BJJ industry is entirely unregulated, there are several criteria that must be considered. To learn exactly what it takes to establish a successful partnership with a privately owned Brazilian jiu-jitsu school in your community, please visit...

[GracieUniversity.com/Reform](https://www.GracieUniversity.com/Reform)

How Can My Agency Host a GST Course (for FREE)?

Even though GST is growing at an unprecedented rate, we are always looking to partner with new hosting departments/organizations to continue making the course available in as many territories as possible.

This page is intended to detail the benefits, eligibility requirements, and the expectations so that you can make an informed decision as to whether hosting is the right option for your organization.

Benefits:

- The host will earn one (1) complimentary slot for every 10 paid slots in the course. It is not uncommon for host agencies to earn 5-8 complimentary slots in a single course. Keep in mind that most or all of the paid slots typically come from outside agencies, so it's very common for the hosting agency to have zero out of pocket expense.
- By becoming a host in a new territory, the GST course becomes available to countless officers in the region who would have never otherwise had access to the system.
- It is common for a GST host to form bonds with many fellow Law Enforcement professionals across the nation as they become part of the large GST family. These bonds often extend beyond DT training as GST agencies commonly partner with each other in a variety of LE subjects/courses.
- Gracie University does not charge the host agency any fees, unless the host wishes to purchase additional slots beyond the number of complimentary slots that they earn.

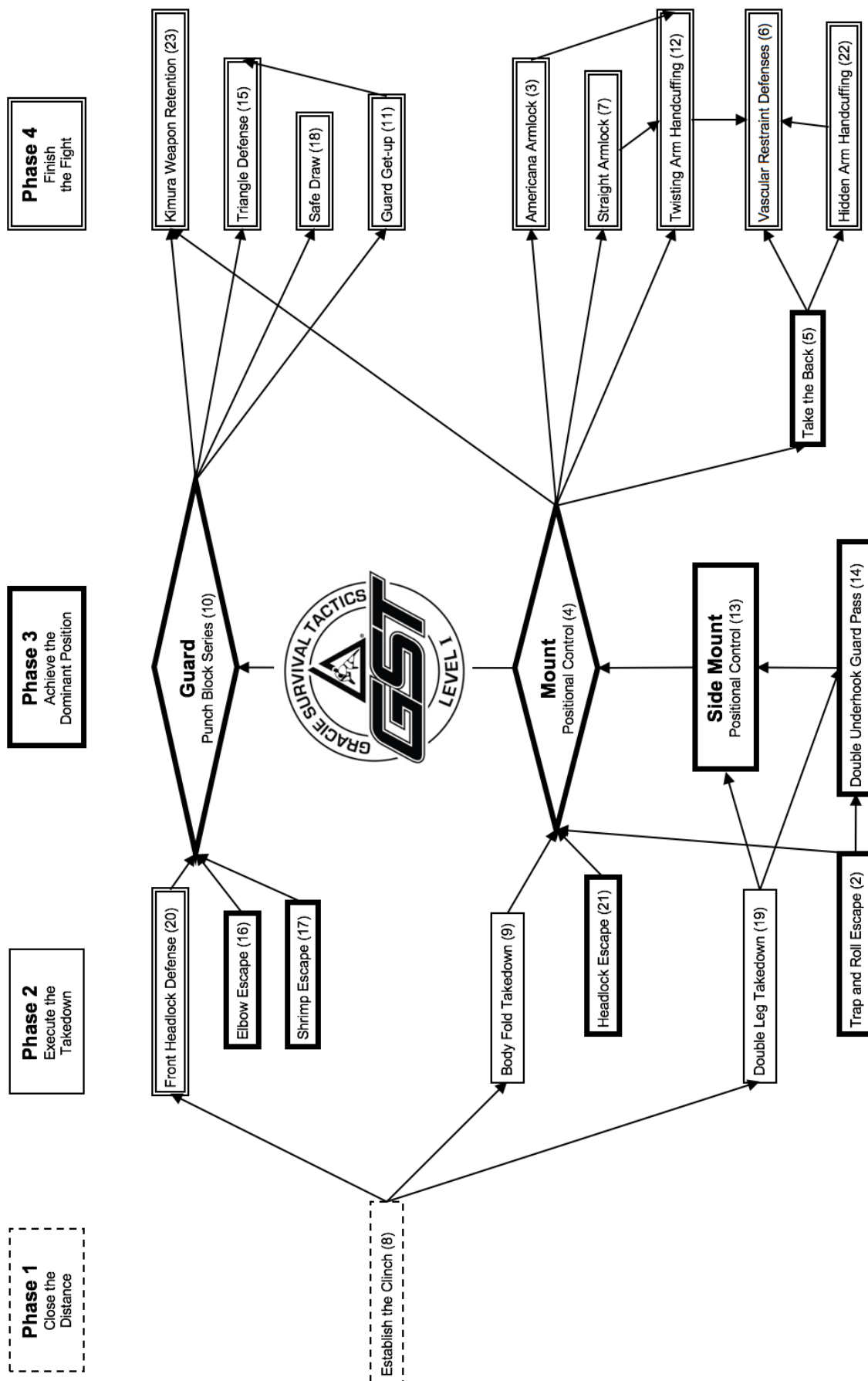
Eligibility:

- The hosting organization must be a first-responder government agency (federal/local/state/tribal/county/college police/hospital police/etc.).
- There must not be an active GST host already established in the region (contact GST@GracieUniversity.com to inquire about availability of the region). If there is not an established host in the region, then the first agency that can complete the verification process will get first shot at being the official GST host in the region.
- The standard requirement for the host's facilities is 3,400+ square feet of continuous mat space. However, we can start the process with as little as 2,000 square feet of continuous mat space with the understanding that the mat space will need to be expanded if the enrollments look like they will outgrow the 2,000 sqft. All of the mat space must be in one large room such as a gymnasium. The mats and the facility can be rented or borrowed if not owned by the agency. Agencies will often ask to use the facility from a local high school or BJJ academy if they don't have enough space/mats at the police academy.
- The host's facilities must have basic amenities such as restrooms and water fountains.

To learn more about the benefits of hosting as well as the four-step host approval process, please visit GracieUniversity.com/GST or contact the GST Program Director by sending an email to: GST@GracieUniversity.com or calling (310) 893-0400 ext. 114. We look forward to hearing working with you to bring GST to new territories around the world!

Got Techniques or Data? Keep Us Posted

If you or anyone one of your colleagues uses the techniques successfully or not, or if you have any data regarding the success of GST at your agency, please let us know by sending an email to GST@GracieUniversity.com.



GST Video Evaluation Guidelines

The GST Video Evaluation opportunity is exclusively for people who've enrolled in the GST Online ICP. Upon gaining access to the GST Online Instructor Certification (ICP), you will have 60 days to complete the program and demonstrate proficiency in the techniques and teaching methodologies you learn throughout the process.

The Five Evaluation Videos

On or before the 60-day deadline, you will need to upload the following five (5) separate videos:

- Evaluation Video 1:** Technical Proficiency
- Evaluation Video 2:** Freestyle Fight Simulation
- Evaluation Video 3:** Slice Presentation Formula
- Evaluation Video 4:** Error Correction Strategies
- Evaluation Video 5:** Instructor Interview

Evaluation Criteria

Once uploaded, your evaluation videos will be reviewed by a GST Master Instructor. The Technical Proficiency portion of the test is graded on a point-basis, but the remaining four videos are graded on a pass/fail basis. To qualify for the GST Level 1 Instructor Certification, you must pass all five videos, and when you do, you will receive the following:

- GST Instructor Certificate
- GST Instructor T-shirt
- GST Challenge Coin

Detailed videos with test demonstrations, expectations, and exact grading criteria for each part of the evaluation can be found in the GST Level 1 Video Curriculum in your personal lesson library.

Additional Requirements

In order to provide us with the most effective and reliable opportunity to evaluate your skills, please adhere to the following general guidelines when uploading your videos:

- **Introduce Yourself:** Please begin each evaluation video by introducing yourself, your partner, the organization/agency you are a part of, and the date.
- **Continuous Shot:** You do not need to record all five videos on the same day, but we ask that, in each individual video, you do not stop the camera once recording begins. If we find any evidence of editing or cuts in the video you upload, it will not be accepted.
- **Film the Details:** Always position your body relative to the camera so that we can see the most important details of each technique or presentation. Furthermore, you should take extra care to make sure that your camera isn't shaky (tripod recommended), and that the lighting in your background isn't too bright since that will cause you to be overly darkened in the foreground. We recommend you do full camera/lighting tests in advance so that you can verify in advance that you are satisfied with your camera setup.
- **Evaluate Yourself:** Before you submit any evaluation videos, it is very important that you evaluate your own performance. If you find noteworthy errors or omissions in your own performance, we recommend you reshoot that video before uploading. If you fail, you will have the opportunity to retest, but additional fees will apply, so it's much better to reshoot a video than to submit one that you have identified as sub-par.
- **Video File Requirements:** Each video must be under 1.5GB in size and in .mov, .avi, .wmv, .mpeg or .mp4 format. For videos larger than 1.5GB in size, you can learn how to compress it online.

Evaluation Video 1: Technical Proficiency

Grading Criteria: Point-based

The Technical Proficiency portion of the evaluation is graded on a point-basis. You will start with 100 points and a point will be deducted for each critical mistake or omission. To pass this portion of the evaluation, you must amass no more than 10 deductions.

Please demonstrate all the techniques in the order listed below. Feel free to have someone read the techniques aloud to help you stay on track.

Here is how we will assess your execution of the techniques:

1. **Details: Do you own the technique?**

The subtle details will vary from one person to the next, but the core understanding of the technique is unmistakable. Each time the evaluator feels that you do not own the "big picture" concept of the technique, you will receive a 1-point deduction.

2. **Conviction: Do you believe in the technique?**

A technique without conviction is like an automobile without fuel! Rather than simply allowing you to "demonstrate" each technique, your training partner should provide deliberate indicators and even subtle resistance to each movement so that we can verify that you own the technique. For each technique where conviction is clearly lacking, you will receive a 1-point deduction.

3. **Reflexes: Have you sufficiently developed your muscle memory?**

The length of time between the indicator presented by your training partner and your response is a good indicator of your reflexes. Each time you take unusually long to respond to a technique opportunity, you will receive a 1-point deduction.

Introduce yourself, tell us which organization you are with, and demonstrate all the techniques in the following order:

1) **Base Get-Up**

- a. Standard Variation

MOUNT

2) **Trap and Roll Escape**

- a. Standard Variation
- b. Punch Block Variation
- c. Headlock Variation (With Open Guard Pass)

3) **Americana Armlock**

- a. Standard Variation
- b. Neck-Hug Variation

4) **Positional Control**

- a. Anchor and Base
- b. Low Swim
- c. High Swim
- d. Weapon Retention

5) **Take the Back**

- a. Take the Back
- b. Remount Technique

- 6) Straight Armlock**
 - a. Standard Variation
 - b. Side Variation
- 7) Twisting Arm Handcuffing Procedure**
 - a. Standard Variation
 - b. Americana Variation
 - c. Straight Armlock Variation
- 8) Elbow Escape**
 - a. Standard Variation
 - b. Hook Removal
 - c. Bonus Details

BACK MOUNT

- 9) Vascular Neck Restraint Defenses**
 - a. Standard Variation
 - b. Frame Escape
 - c. Shoulder Slip
- 10) Hidden Arm Technique**
 - a. Hidden Arm Technique
 - b. Waistband Variation (Show Waistband Variation even though testing video shows Close Quarters variation).

SIDE MOUNT

- 11) Positional Control**
 - a. Roll Prevention
 - b. Weapon Retention (With Mount Transition)
- 12) Shrimp Escape**
 - a. Block and Shoot Variation
 - b. Shrimp and Shoot Variation
 - c. Punch Block Variation
- 13) Headlock Escape**
 - a. Standard Leg Hook Escape
 - b. Punch Block Variation

GUARD

- 14) Punch Block Series**
 - a. Stage 1
 - b. Stage 2
 - c. Stage 3
 - d. Stage 4
 - e. Stage 5
 - f. Weapon Retention
- 15) Guard Get-Up**
 - a. Guard Get-Up
 - b. Get-Up Failure

16) Double Underhook Pass

- a. Open Guard Variation
- b. Closed Guard Variation

17) Triangle Defenses

- a. Guard Get-Up Variation
- b. Triangle Defense

18) Safe Draw

- a. Safe Draw
- b. Shoulder Pin Failure

19) Kimura (Weapon Retention)

- a. Guard Variation
- b. Mount Variation

STANDING

20) Clinch Control

- a. Ambush Entry

21) Body Fold Takedown

22) Double Leg Takedown

- a. Aggressive Subject

23) Front Headlock Defense

- a. Front Headlock Neck Restraint
- b. Front Headlock Defense

Congratulations, you're done with the Technical Proficiency demonstration!

Evaluation Video 2: Freestyle Fight Simulation

Grading Criteria: Pass/Fail

Throughout the GST program, you've learned several scripted Fight Simulation Drills to help you understand the connections between techniques. Now, we'd like you to see how well you can transition between all the techniques without a script.

This portion of the test is graded on a pass/fail basis. If, based on your demonstration, we believe that you have solid understanding of the techniques and can transition between them smoothly and effectively, you will pass.

Here are some important considerations for your Freestyle Fight Simulation evaluation video:

Important Considerations

- **5-Minute Minimum:** The demonstration should be no less than five minutes and no longer than six minutes.
- **Diversify the Indicators:** Try not to repeat the same variation of the same technique in the drill. Whenever possible, try to bring new techniques and variations into the demonstration. This diversity relies heavily on the training partner or "subject" to know the techniques and their indicators.
- **Control Pauses:** When you land in a position of control (mount, side mount, guard, etc.) take a few seconds to demonstrate your pure control mindset. Make sure your opponent is helping us see the legitimacy of your control by trying to escape to some degree.
- **Reflexive Responses:** When an obvious indicator presents itself, we want to see how smoothly and reflexively you respond.
- **Handcuffing Finishes:** Every time you catch a submission, don't end on the tap-out. Instead, we want to see you transition into the cuffing procedure from that position.
- **Inferior Restarts:** To ensure you incorporate as many techniques as possible, after each submission/handcuffing finish, we encourage you to restart the exercise from an inferior position of your choosing. Some examples are: bottom mount, bottom side mount, inferior back mount, inside the guard, or in any one of the neck restraints you know the defenses to.
- **"Communicate" But Don't "Coach:"** To ensure that the highest number of techniques are demonstrated, feel free to communicate with your training partner about indicator ideas and restart positions. That said, we don't want your training partner "coaching" you through the steps of the techniques.
- **Use the Flow Chart:** The GST Level 1 Flowchart featured in your Instructor Handbook can really help you understand some of the natural technique connections/flows as well as the menu of options from each position. Use the Flowchart to increase your comprehension and build your confidence as you develop your Freestyle Fight Simulation comfort level.

We don't expect perfection, but we do expect you to know the material. Have fun with this, put in lots of practice, and we can't wait to see what you put together!

Evaluation Video 3: Slice Presentation Formula™

Grading Criteria: Pass/Fail

The Gracie Slice Presentation Formula™ (SPF) has been perfected and refined over nearly 100 years, and now it's being used by Gracie Certified Instructors around the world to transfer knowledge to students of all ages and abilities.

This is a pass/fail demonstration. To issue a passing grade, we'll be considering the following:

- **Guard Get-Up:** This is the slice we'd like to see you teach.
- **Full Formula Compliance:** Even though the SPF will be likely modified in actual use, for this portion of the evaluation, we would like to see you teach the slice with full SPF adherence.
- **Shading:** In addition to strict SPF adherence, we will be paying particularly close attention to how effectively you "Shade" the information into the presentation during the Detailed Demos of the presentation.
- **Essential Presentation Skills:** Even though it's awkward to teach to a camera (trust us, we know), we will be evaluating your Essential Presentation Skills during your slice presentation. We'll be looking at things like conviction, eye contact, angle management, etc., to see how well you engage the audience during your presentation.

Ultimately, this portion of the evaluation will help us make sure that the information is presented clearly and that your teachings would be effective for an LCD (lowest common denominator) student, regardless of their experience level or athletic ability.

Evaluation Video 4: Error Correction Strategies

Grading Criteria: Pass/Fail

Your students will make mistakes, and how you intervene when they do is one of the most important factors in determining their level of confidence on the mat.

In this pass/fail portion of the evaluation, we want to see how effectively you intervene when mistakes are made during the Trap and Roll and during the Vascular Neck Restraint.

If you have two training partners that you can use for the demonstration (so that you can intervene), that's great. If not, you can just have your training partner do the techniques with an "invisible" partner until you arrive.

Here is what we want to see:

- **Perfect Adjustment:** Your "student" is practicing the Standard Variation of the Trap and Roll when you notice that they are trapping the incorrect foot. Use the Perfect Adjustment to get them back on track without deducting from their "confidence account."
- **Perfect Partner:** Your "student" is learning the Vascular Neck Restraint so that she can then learn how to defend against it, but during initial practice, she is having trouble getting the technique to work. You decide to intervene as the Perfect Partner with a six-step process to help them reach effectiveness.

Ultimately, the "Perfect Adjustment" and the "Perfect Partner" intervention methods are useless if your energy is negative or condescending. So, as much as we are observing your ability to follow the right "steps" when it comes to Error Correction Strategies, we are equally interested in your energy throughout the process.

Evaluation Video 5: Instructor Interview
Grading Criteria: Pass/Fail

When you become a GST Certified Instructor, you are an extension of the Gracie Family. As such, we'd like to get to know you. In less than five minutes, please answer the following questions:

- **Who are you?** Tell us a little bit about your training background, your organization, etc.
- **Why GST?** There are lots of options when it comes to defensive tactics courses. Tell us why you chose GST and what hurdles you had to overcome to get to this point.
- **Your Online ICP thoughts?** Now that you're done with it, share your thoughts on the GST Online ICP process. What would you tell someone who was thinking about going down the GST path but was stuck on the fence?

This is a pass/fail portion of the evaluation, and the only way to fail is if you don't tell the truth, so keep it real!

Congratulations, this is your last GST Online ICP evaluation video!
Once you're done recording all five videos, review and assess them thoroughly.
Only when you are happy with your performance, upload it in the online Testing Center,
and one of our GST Master Instructors will get right on it!