

Gracie Survival Tactics Course Outline

Perishable Skills Program (4 Hours)

The course will provide the student with essential self-defense and control techniques that an officer can use to de-escalate a physical encounter with a subject and/or to protect themselves and their weapons from a subject that is on the offensive towards them. In this class, the student will be taught five essential techniques that we believe are critical for every officer to have available to them. With proficiency in these movements, the trainee will significantly reduce the likelihood of being involved in a use of force situation that could potentially turn fatal and they will be able to decrease the negative optics that may arise during the apprehension of a combative subject.

The course consists of a short classroom introduction into the creation and purpose of the techniques as well as practical/mat-based training for in-service officers. This class will also include weapon retention skills based around the ground combat techniques taught. **The training will be presented in a 4-hour format allowing for flexibility based upon specific department or student needs.**

COURSE OBJECTIVES:

The student will:

1. Demonstrate knowledge of the difference between competition jiu-jitsu and self-defense jiu-jitsu.
2. Demonstrate knowledge of the differences that are posed to our role as police officers in using jiu-jitsu-based control techniques and how/why the techniques are adapted to the needs of our jobs.
3. Understand how/why GST was created and what the differences are between these techniques and their application as it relates to real-life situations officers can face.
4. Demonstrate a minimum understanding of the five techniques that will be taught, to include:
 - A. Obtaining control of a subject who is attacking you while you are on your back.
 - B. Accepting weaker limb strikes by a subject while protecting against powerful ones.
 - C. Maintaining control of a subject who is combative while being aware of optics.
 - D. Understanding of the 100-second rule.
 - E. Understanding the importance of communication to your partners while maintaining control of a subject.
 - F. Transitioning to a handcuffing maneuver from a position of control.
 - G. Understanding the concept of distance management.

POWER POINT PRESENTATION (30 min)

- Designed to give the student an overview of the history and mindset behind GST.
- Discuss the Jiu-Jitsu based foundations for the course.
- Discuss the difference between competition jiu-jitsu and self-defense jiu-jitsu.
- Discuss how the tactics relate to real-life elements and how to account for your duty belt.
- Form the mindset for what the student should be prioritizing in a critical situation.

GST-APPROVED TECHNIQUES

Warm up with stretching, base get-ups and shrimps (10 min)

CONTROL TECHNIQUES

1. Positional Control (45 min):

Student will demonstrate the 100-second rule by placing themselves in a position of control of a subject who is on their back and actively resisting. Two different positions will be taught, along with weapon retention/security modifications to the moves.

4. Guard Get-Up (30 min):

The student will learn how to maintain control of a subject while the officer is on their back and the most reliable way of maintaining control while allowing themselves to get to their feet.

SURVIVAL TECHNIQUES

2. Trap and Roll (30 min):

The student will learn how to keep their focus while they are on their back and a subject is actively attacking them from the three most common approaches (punch, choke, headlock). The student will learn how to transition from this position of dis-advantage into a position of advantage.

3. Punch Protection (45 min):

The student will learn how to effectively block punches while on their back and how to obtain control of a subject who is actively striking them with their own extremities (fists and feet). The student will also learn the modifications to be made when the subject attempts to grab the officer's weapons.

5. Clinch Control (30 min):

The student will learn how to close the distance to a subject that is attempting to ambush them and how to safely control the subject while standing, or when it is appropriate to take the subject to the ground. The student will then learn how and when to transition to a position of control once the subject is on the ground.

TESTING AND PREPARATION FOR CONTINUOUS TRAINING

The student will have ample time to demonstrate their understanding of the techniques that are taught. In lieu of a formal written or demonstrative test, the student will continue to practice the perishable skills that were taught. Opportunities for practice using department resources will be offered once the majority of officers have learned the essential techniques taught in this course.

It is recommended that this course be given it's own 4-hr training block per year (in addition to the mandated POST ACT course) in order to refresh officers of these extremely perishable skills.