

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



LEVEL 1 CERTIFICATION

Host Accommodations & Training Facility Information

City & State of GST Training:	Louisville, KY
Date of Training:	August 24 - 28, 2026 (Mon - Fri) for Certification & Re-Certification
Training Hours (40 hours total / 5-Days):	8:00 am to 5:00 pm daily (1 hour lunch break) - Total 8 hrs. daily
First & Last Name of Host:	Rob Herman
Title of Host:	Chief
Agency Host:	Middletown Police Department
Work Telephone:	(502) 365-1900
Host Email:	robertherman@middletownkypd.org
Name of Training Facility:	Gracie Jiu-Jitsu Louisville
Full Address of Training Facility:	3600 Chamberlain Lane, STE 136, Louisville, KY 40241
Square Footage of Matted Area:	2,500 sq. ft.
Parking Information:	Parking Lot On-site
Are Lockers available?	No
Are Showers available?	No
Are weapons allowed in facility?	No
Describe Security access to facility:	N/A
Nearest Major Airport:	Louisville International Airport
Driving minutes from airport to facility:	25 minutes
Nearest Major Hospital:	Norton Brownsboro Hospital / 4960 Norton Healthcare Blvd., Louisville, KY 40241
Driving minutes from facility to hospital:	11 minutes
Hotels in Area:	Holiday Inn Express Louisville Northeast, Hampton Inn Louisville Northeast, Aloft Louisville East
Nearby Restaurants:	Cheddar's, Drake's, Chipotle, Martin's BBQ, Martini's, Chick Fil-A
Nearby Attractions:	Muhammad Ali Museum, Churchill Downs, several distilleries
Attire & Equipment to Bring for Participants:	<ul style="list-style-type: none"> - Tops: T-shirt (Long Sleeve recommended) or sweats. No Gi top! - Bottoms: Long loose fitting athletic pants, tactical pants or Gi pants. Shorts acceptable but not recommended. - Feet: Barefoot recommended- no footwear other than wrestling shoes. - REQUIRED on the Last Day of Training: Duty Belt / Gun Belt with training gun (injection-molded, plastic or rubber) - Please no live lethal guns, chemical/OC sprays, knives live TASERS/CEWs in the training site. - If you are a detective or in CID and only wear a belt with a holster, then it is acceptable to wear that holster (or a similar training holster) with a training gun (injection molded, plastic or rubber gun). - Don't forget to wear inner belt so that the gun belt can be securely fastened. - Optional: Groin & mouth protection. Load bearing equipment (helmet, body armor, gear, duty belt, etc.) is not part of training but may be used with permission from instructor on last day of training. - Other: Meals are not included. Bring snacks, fruit & hydration drinks. Finger & toe nails must be clipped.
GST Overview:	<ul style="list-style-type: none"> - The GST course consists of 23 stand-up & ground techniques, taught in 40 hours over a 5-day period. - Techniques address most common threat scenarios encountered by Military & Law Enforcement personnel in the field. - These Gracie Survival Tactics (GST) are extremely effective when you are up against much larger & stronger opponents. - Instructors reduce liability for their agency when they learn safe, effective & proven reality-based techniques. - What sets GST apart from all other similar Instructor Certification Courses is the Gracie University Instructors' exclusive teaching techniques. <p>Drawing from over 85 years of experience, teaching thousands of military & law enforcement personnel & many thousands more students from all walks of life, the Gracies' have developed a detailed, systematic approach in presenting their knowledge known today as the Gracie Teaching Methodologies. This will ensure that course graduates can effectively impart their newfound knowledge & skills of GST to other members of their organization, using the best teaching skills ever developed in this field. In addition to the Hands-On course, graduates will receive the entire Level 1 video course online (www.GracieUniversity.com) to use for future reference and refresher training. The online GST access will remain for the duration of the certification period.</p> <ul style="list-style-type: none"> - Open only to active (reserve/guard okay) Military personnel, Law Enforcement personnel, and Firefighters/EMTs. Disclaimer: All non-US based LE and MIL personnel must be pre-approved before registering. To begin the approval process, please contact our GST Director below.
POST Credit for GST Completion	<p>The GST course is now POST Certified in over 40 states in America, making Gracie University the only jiu-jitsu organization in the country to achieve this distinction. The International Association of Directors of Law Enforcement Standards and Training (IADLEST) launched the National Certification Program (NCP) to establish law enforcement training standards and "best practices" relating to improved professionalism and skill sets for the nation's first responders. Since NCP courses are recognized nationally, any time a Peace Officer from one of the member states completes GST Level 1 Instructor Certification Program (in person), the training hours will count towards the officer's mandatory in-service training requirements. To confirm that your state is an IADLEST member, please visit GracieUniversity.com/POST.</p> <p>GST IADLEST Course Number: 251084-2505</p> <ul style="list-style-type: none"> - All GST courses are taught by a Gracie University Master Instructor.
Gracie University GST Website:	www.GracieUniversity.com/GST
Gracie University GST Contact:	Phone: 310-893-0400 x 3 Email: GSTSupport@GracieUniversity.com