GST Level 1

41
Total Responses

41 Completed Responses

0 Partial Responses

3430
Survey Visits

Average Ratings

Questions	Average Ratings	Out of
The jiu-jitsu techniques presented in GST were effectively adapted for use in law enforcement.	4.93	5
Training safety protocols were established at the beginning of the course and remained a top priority throughout the week.	4.95	5
GST proficiency will likely reduce an officer's risk of injury during a use of force encounter.	4.93	5
GST proficiency will likely reduce the risk of injury to a suspect during use of force encounter.	4.90	5
Your level of satisfaction with the Gracie University teaching methodologies (SPF) that you learned during the course:	4.88	5
Likelihood that you will recommend the GST course to other officers:	4.93	5
Your overall satisfaction with the GST course as it was presented:	4.93	5
The instructor clearly stated the objectives of the course.	4.95	5
The stated objectives of the course were met.	4.90	5
The material was well organized and presented in a systematic manner.	4.93	5
The instructor presented the information at a level you could understand.	4.93	5
The instructor encouraged you to ask questions.	4.98	5
The answers to questions were satisfactory.	4.98	5
The instructor was an effective communicator.	4.95	5
This instructor should be chosen to present this topic again.	4.98	5
The assistant instructor(s) were valuable contributors to the course.	4.78	5

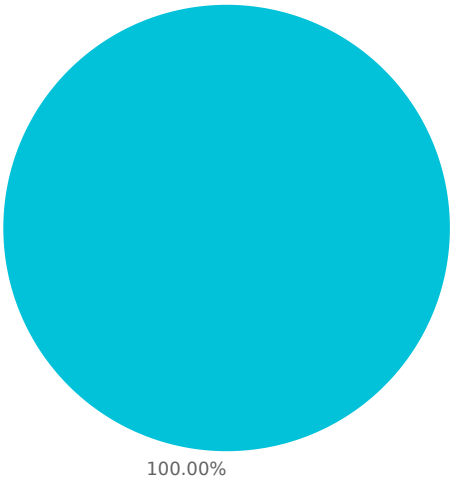
Overall average survey rating: 9.85/10

Course Information

Q1

Name of the GST Head Instructor for your course:

Answered: 41 Skipped: 0

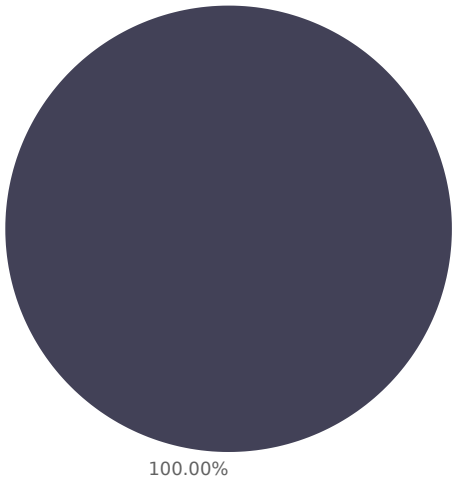


Choices	Response percent	Response count
Tom Chuckerel	100.00%	41
Allan Manganello	0.00%	0
Charlie Fernandez	0.00%	0
Evandro Nunes	0.00%	0
Ryron Gracie	0.00%	0
Rener Gracie	0.00%	0
Nate Brigmon	0.00%	0
Jeff Greekas	0.00%	0
John Ingallina	0.00%	0
Other (Please Specify) No Responses	0.00%	0

Q2

Name of the primary GST Assistant Instructor for your course:

Answered: 41 Skipped: 0



Charlie Fernandez	Guy Scuderi	Jeremiah Hackerott
Tom Chuckerel	Nate Brigmon	John Ingallina
Justin Wade	Neil Warren	Damon Gilbert
Howard Steele	Jeff Greekas	Allan Manganello
Cameron Price	Ben Zapata	Mark Ammerman
Mark Miller	Bernardo Figueiredo	David Lee
Felix Acosta	Other (Please specify)	

Choices	Response percent	Response count
Charlie Fernandez	0.00%	0
Guy Scuderi	0.00%	0
Jeremiah Hackerott	0.00%	0
Tom Chuckerel	0.00%	0
Nate Brigmon	0.00%	0
John Ingallina	0.00%	0
Justin Wade	0.00%	0
Neil Warren	0.00%	0
Damon Gilbert	0.00%	0
Howard Steele	0.00%	0
Jeff Greekas	0.00%	0
Allan Manganello	0.00%	0
Cameron Price	0.00%	0
Ben Zapata	0.00%	0
Mark Ammerman	0.00%	0
Mark Miller	0.00%	0
Bernardo Figueiredo	0.00%	0
David Lee	0.00%	0
Felix Acosta	0.00%	0
Other (Please specify)	100.00%	41

Other (Please specify)

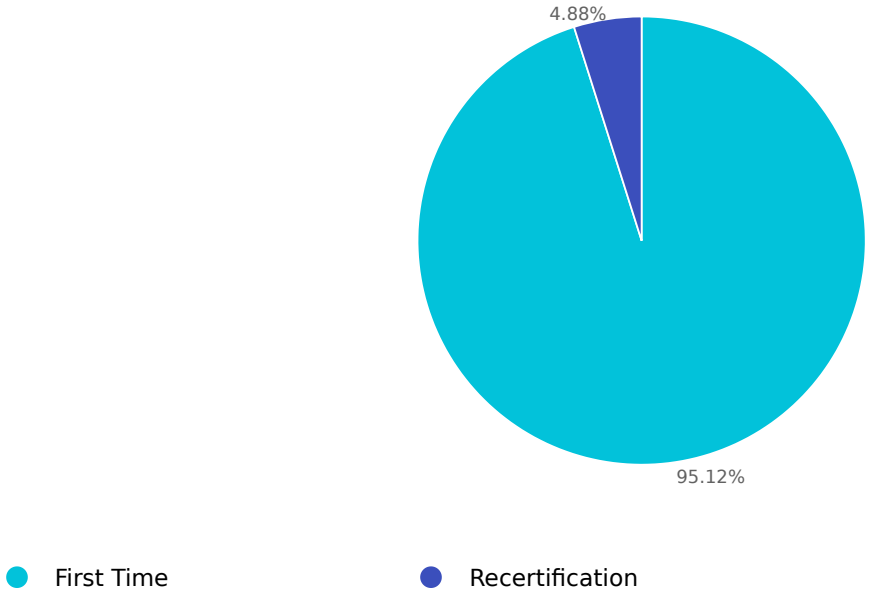
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41. Chris Barsteceanu

Q3

Is this your first time certifying in GST, or is this your recertification?

Answered: 41 Skipped: 0



Choices	Response percent	Response count
First Time	95.12%	39
Recertification	4.88%	2

GST Course Location

Q4

City, State

Answered: 41 Skipped: 0

Field label	Response percent	Response count
City	100.00%	41 Responses
State	100.00%	41 Responses

City	State
Simi Valley	California
Simi Valley	Ca
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Simi Valley	CA
Simi Valley	Ca
Simi valley	CA
Simi Valley	CA
Simi Valley	CA
Simi Valley	Ca
Simi Valley	CA
Simi Valley	California
Simi Valley	California
Moorpark	CA
Simi Valley	CA
Simi valley	California
Simi Valley	California

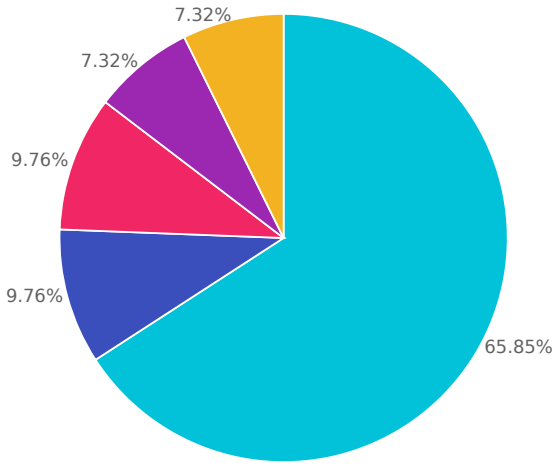
Simi Valley	California
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Course Survey

Q5

How many years of jiu-jitsu experience did you have prior to attending the course?

Answered: 41 Skipped: 0

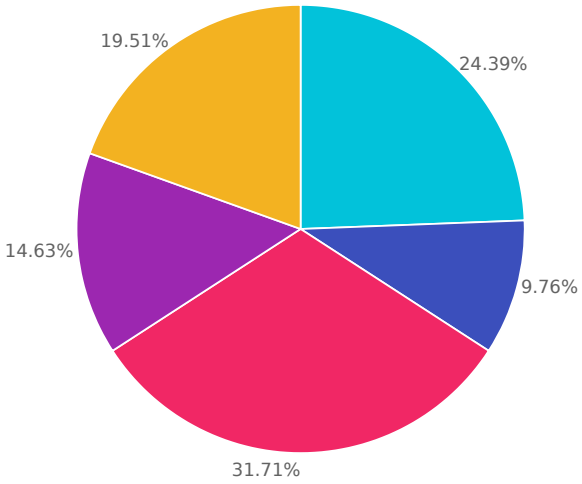


Choices	Response percent	Response count
None	65.85%	27
1 Year	9.76%	4
2 Years	9.76%	4
3 Years	7.32%	3
Over 3 Years	7.32%	3

Q6

How many hours of ground control does your agency mandate for in-service officers each year?

Answered: 41 Skipped: 0

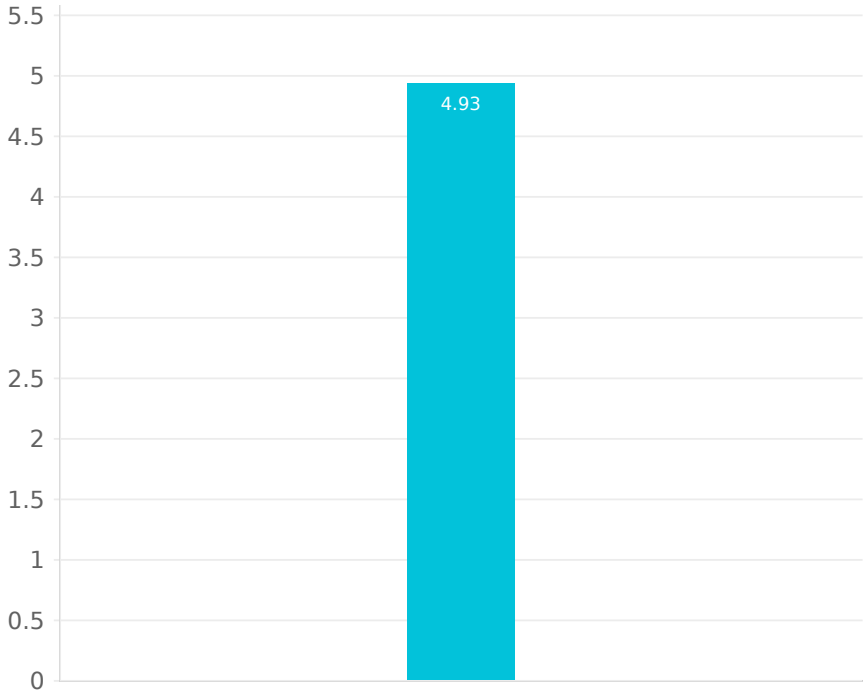


Choices	Response percent	Response count
None	24.39%	10
1-2 Hours	9.76%	4
3-4 Hours	31.71%	13
5-8 Hours	14.63%	6
Over 8 Hours	19.51%	8

Q7

The jiu-jitsu techniques presented in GST were effectively adapted for use in law enforcement.

Answered: 41 Skipped: 0



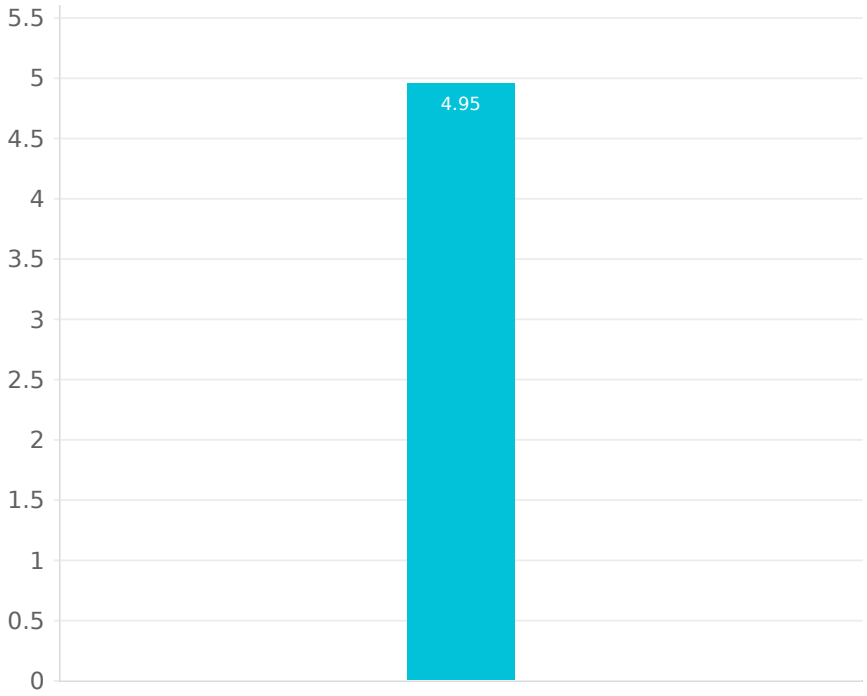
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	7.32%	3
5 (Strongly Agree)	92.68%	38

Average rating: 4.93

Q8

Training safety protocols were established at the beginning of the course and remained a top priority throughout the week.

Answered: 41 Skipped: 0



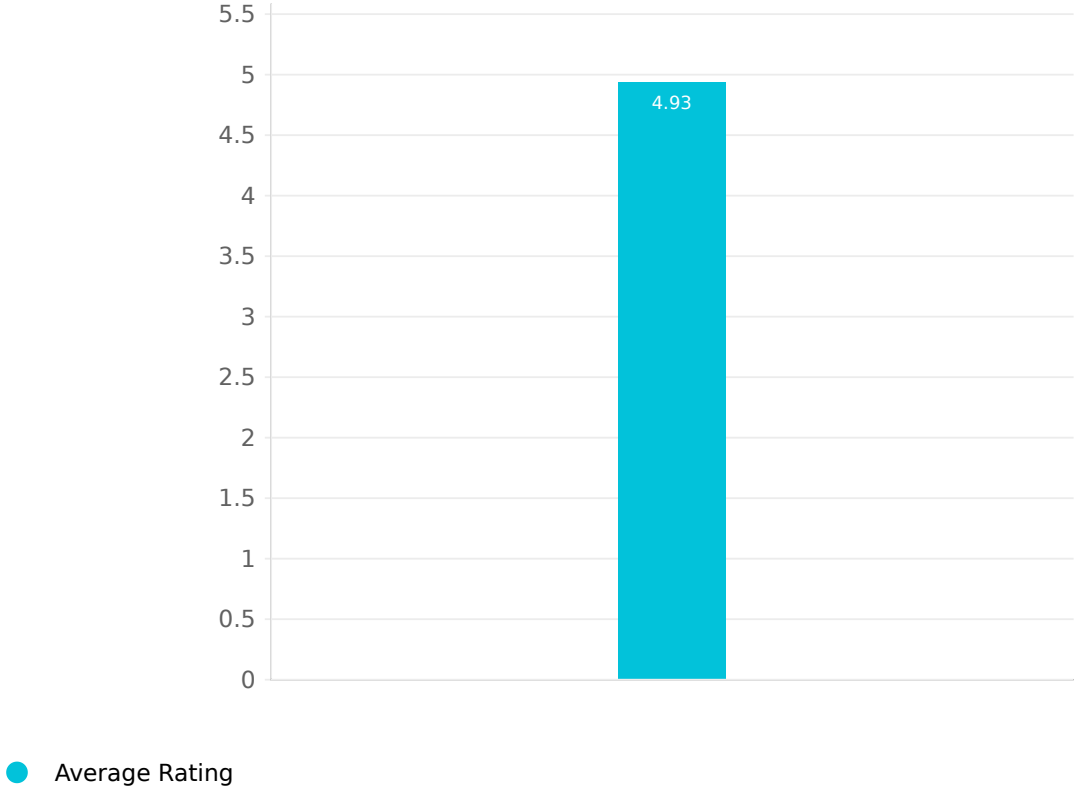
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	4.88%	2
5 (Strongly Agree)	95.12%	39

Average rating: 4.95

Q9

GST proficiency will likely reduce an officer's risk of injury during a use of force encounter.

Answered: 41 Skipped: 0



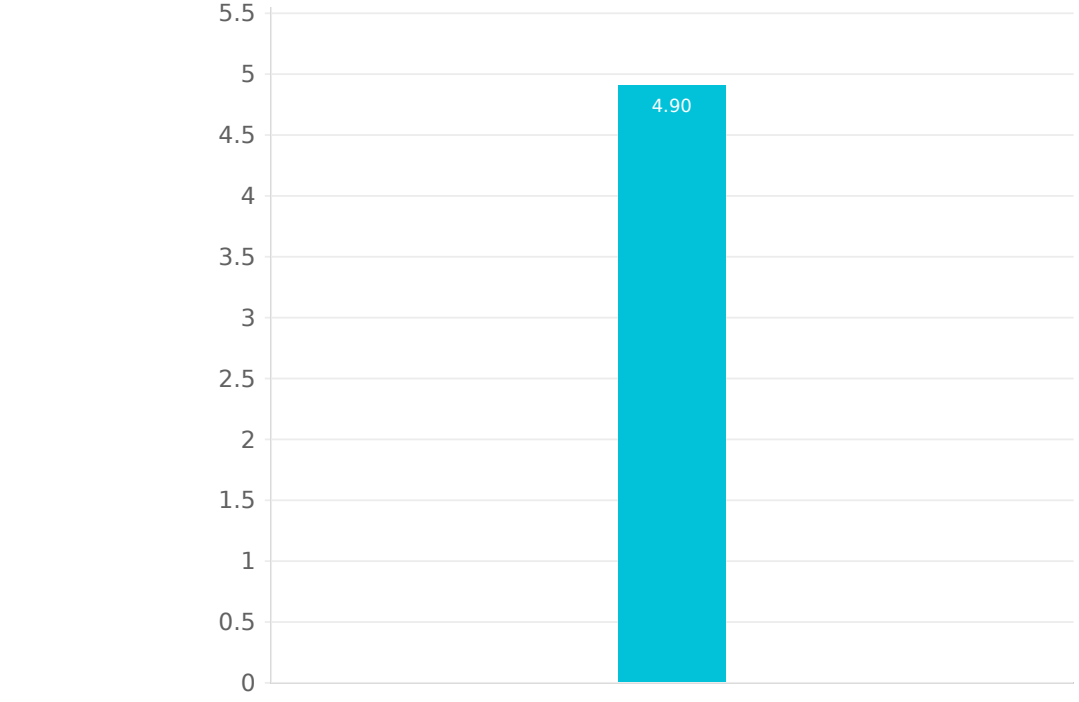
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	7.32%	3
5 (Strongly Agree)	92.68%	38

Average rating: 4.93

Q10

GST proficiency will likely reduce the risk of injury to a suspect during use of force encounter.

Answered: 41 Skipped: 0



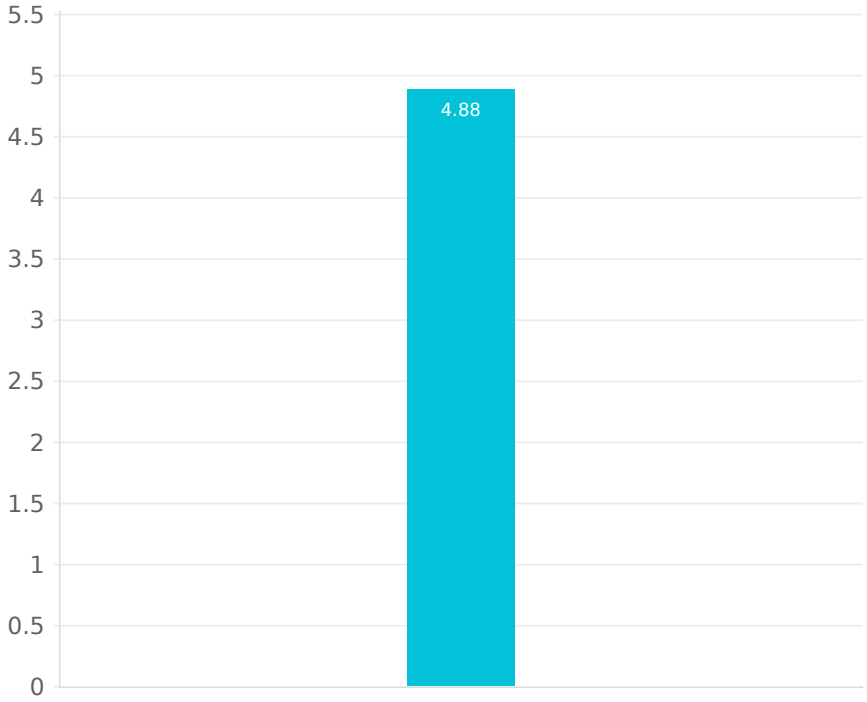
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	9.76%	4
5 (Strongly Agree)	90.24%	37

Average rating: 4.90

Q11

Your level of satisfaction with the Gracie University teaching methodologies (SPF) that you learned during the course:

Answered: 41 Skipped: 0



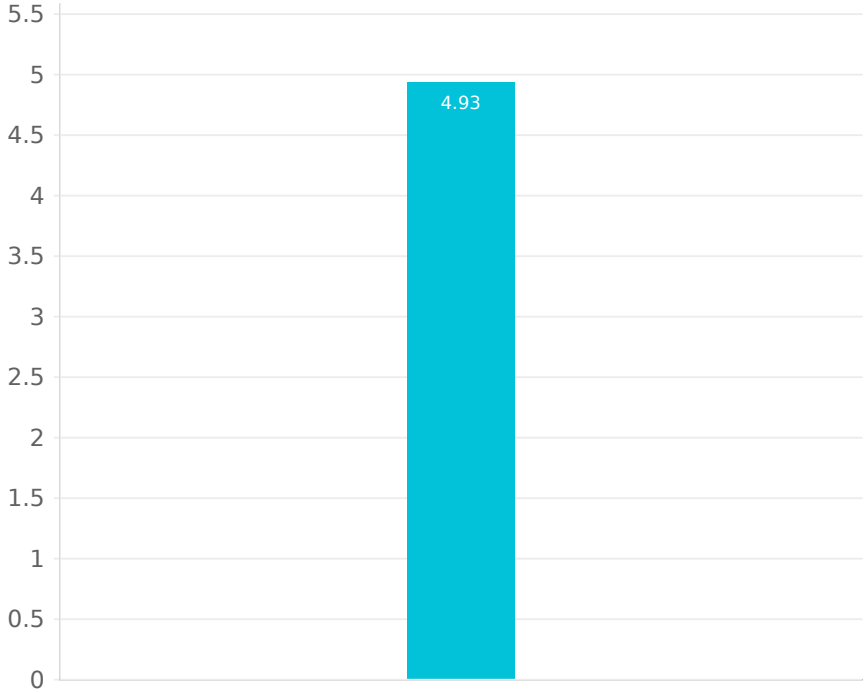
Rating	Response percent	Response count
1 (Dissatisfied)	0.00%	0
2	0.00%	0
3	0.00%	0
4	12.20%	5
5 (Extremely Satisfied)	87.80%	36

Average rating: 4.88

Q12

Likelihood that you will recommend the GST course to other officers:

Answered: 41 Skipped: 0



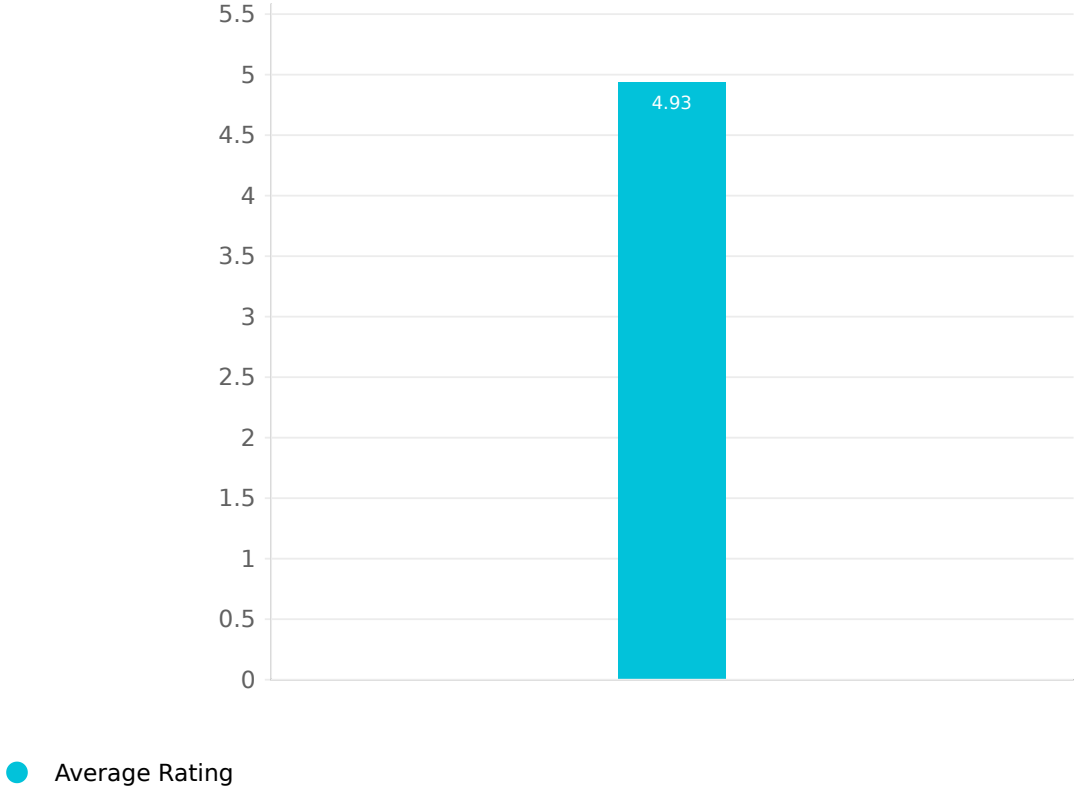
Rating	Response percent	Response count
1 (Very Unlikely)	0.00%	0
2	0.00%	0
3	0.00%	0
4	7.32%	3
5 (Very Likely)	92.68%	38

Average rating: 4.93

Q13

Your overall satisfaction with the GST course as it was presented:

Answered: 41 Skipped: 0



Rating	Response percent	Response count
1 (Waste of Time)	0.00%	0
2	0.00%	0
3	0.00%	0
4	7.32%	3
5 (Best Course Ever)	92.68%	38

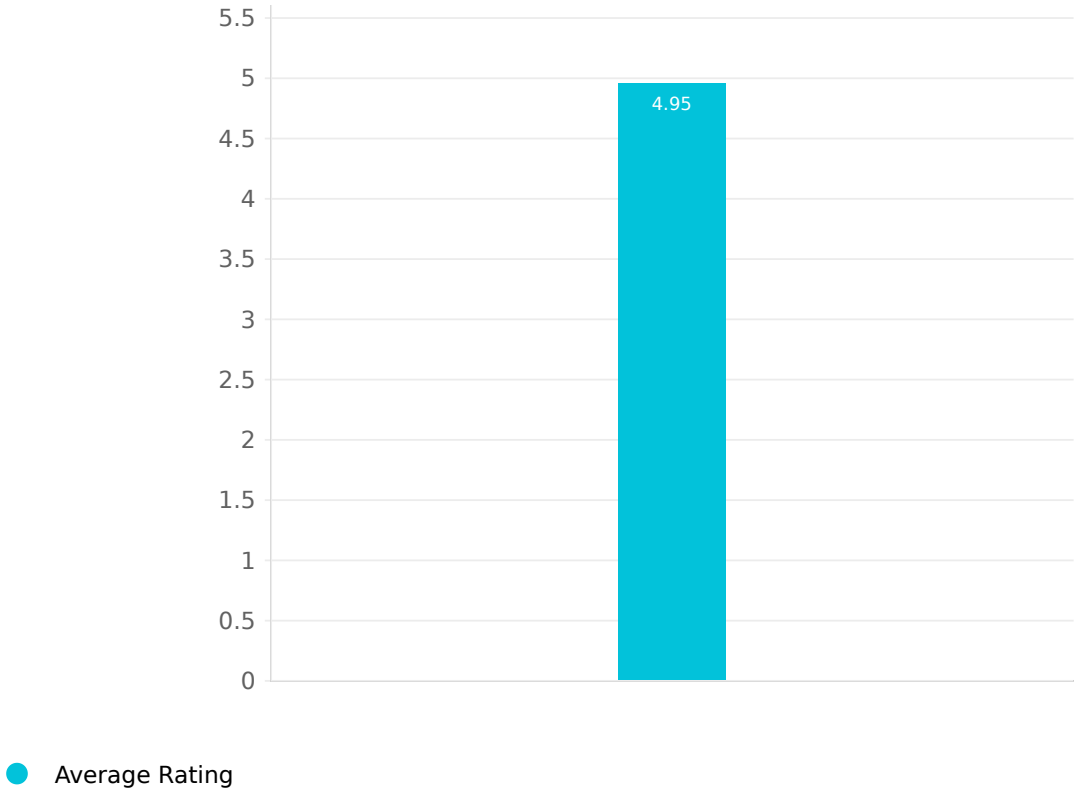
Average rating: 4.93

Instructor Survey

Q14

The instructor clearly stated the objectives of the course.

Answered: 41 Skipped: 0



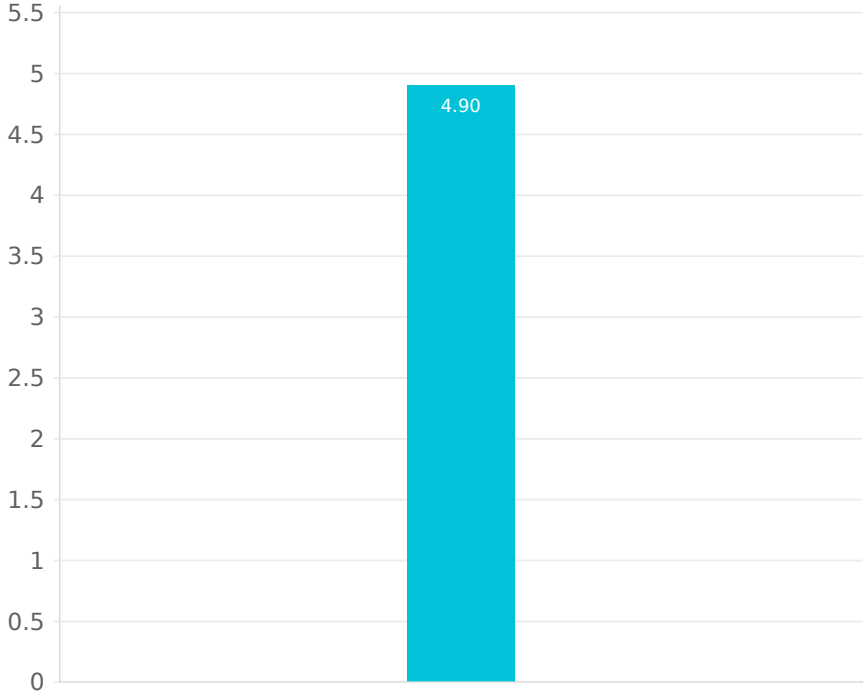
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	4.88%	2
5 (Strongly Agree)	95.12%	39

Average rating: 4.95

Q15

The stated objectives of the course were met.

Answered: 41 Skipped: 0



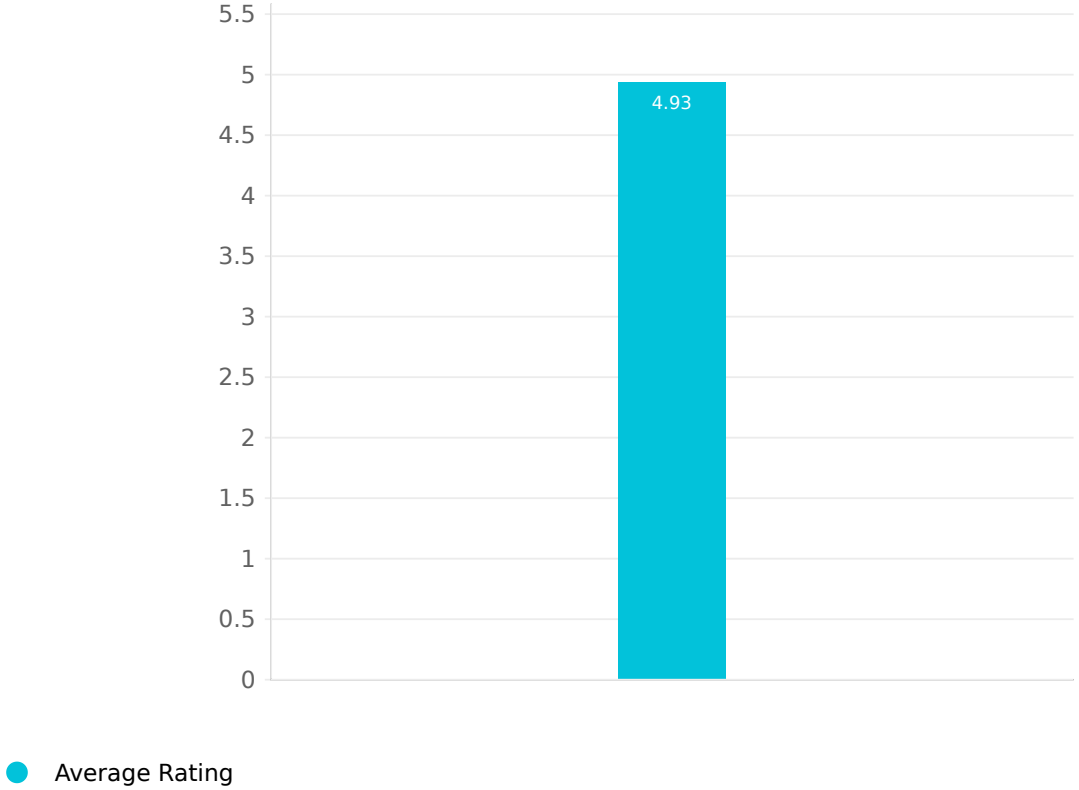
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	9.76%	4
5 (Strongly Agree)	90.24%	37

Average rating: 4.90

Q16

The material was well organized and presented in a systematic manner.

Answered: 41 Skipped: 0



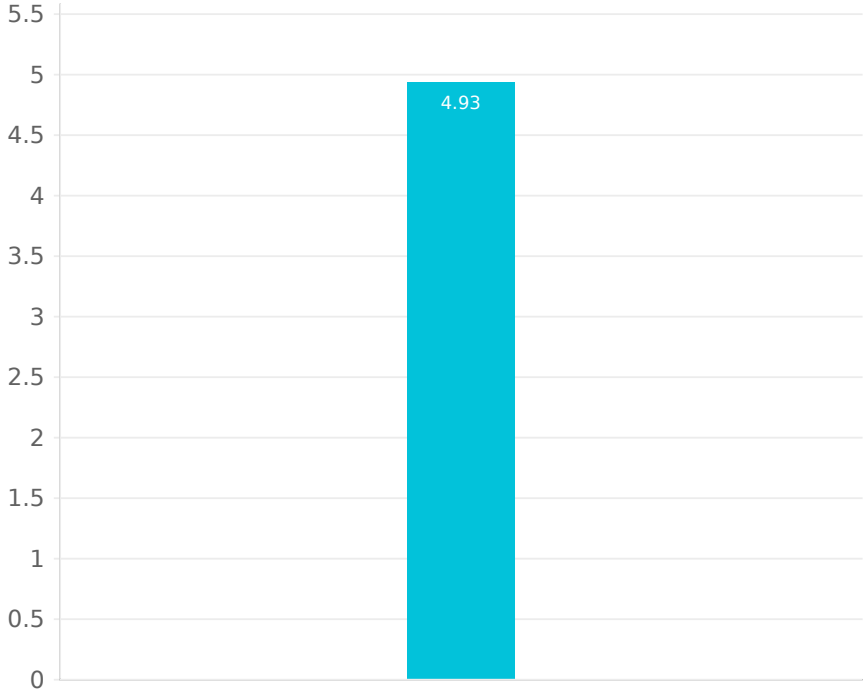
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	7.32%	3
5 (Strongly Agree)	92.68%	38

Average rating: 4.93

Q17

The instructor presented the information at a level you could understand.

Answered: 41 Skipped: 0



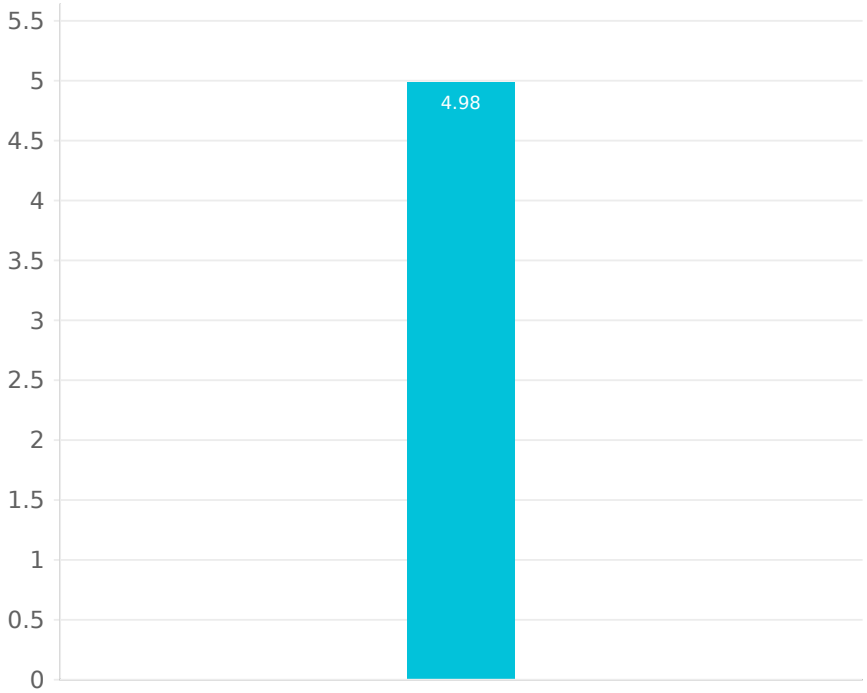
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	7.32%	3
5 (Strongly Agree)	92.68%	38

Average rating: 4.93

Q18

The instructor encouraged you to ask questions.

Answered: 41 Skipped: 0



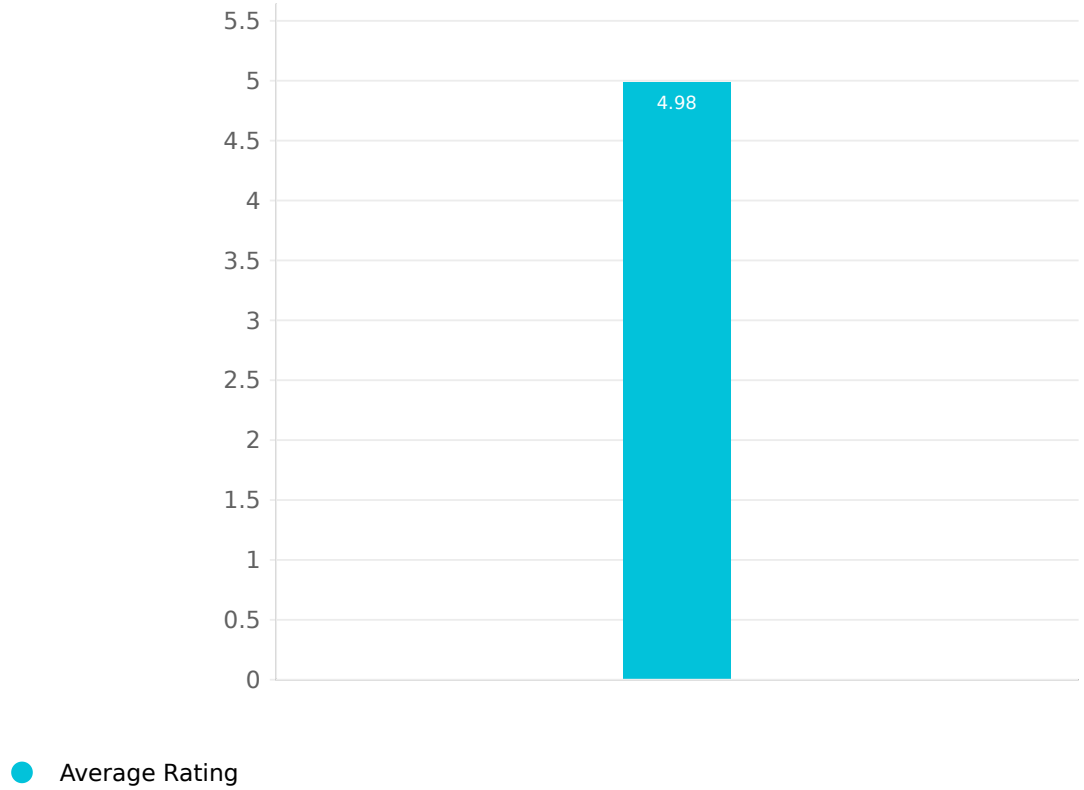
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.44%	1
5 (Strongly Agree)	97.56%	40

Average rating: 4.98

Q19

The answers to questions were satisfactory.

Answered: 41 Skipped: 0



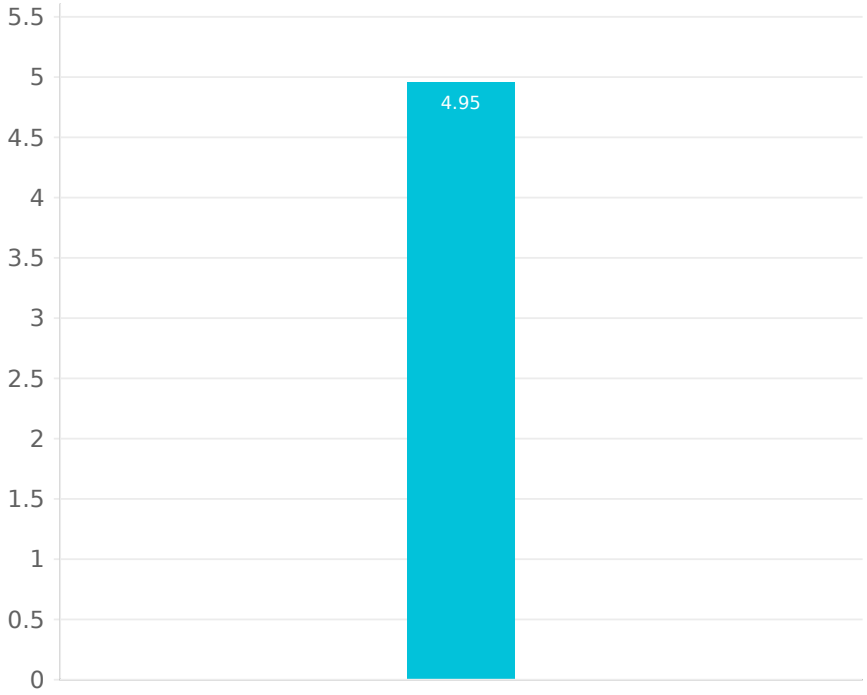
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.44%	1
5 (Strongly Agree)	97.56%	40

Average rating: 4.98

Q20

The instructor was an effective communicator.

Answered: 41 Skipped: 0



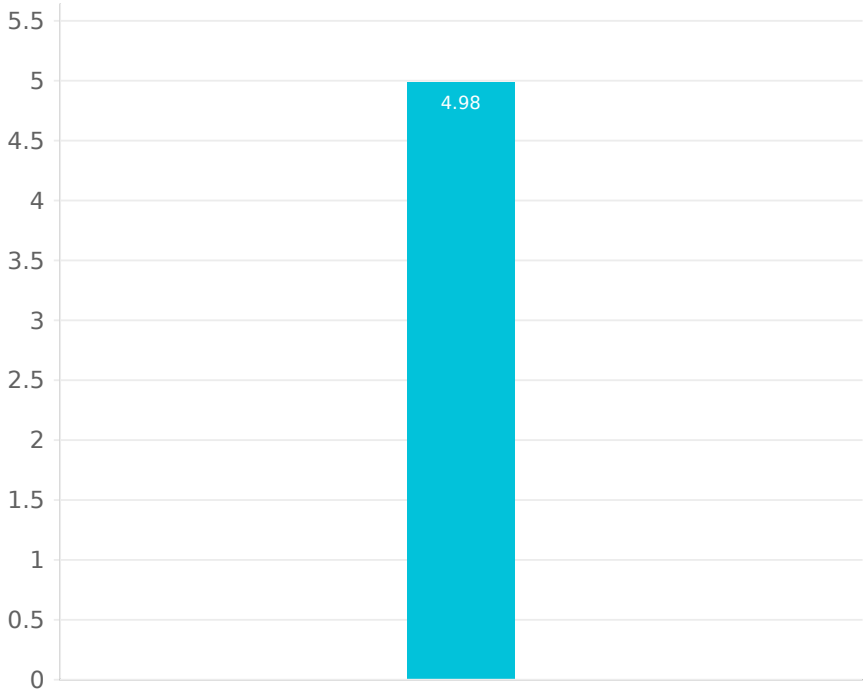
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	4.88%	2
5 (Strongly Agree)	95.12%	39

Average rating: 4.95

Q21

This instructor should be chosen to present this topic again.

Answered: 41 Skipped: 0



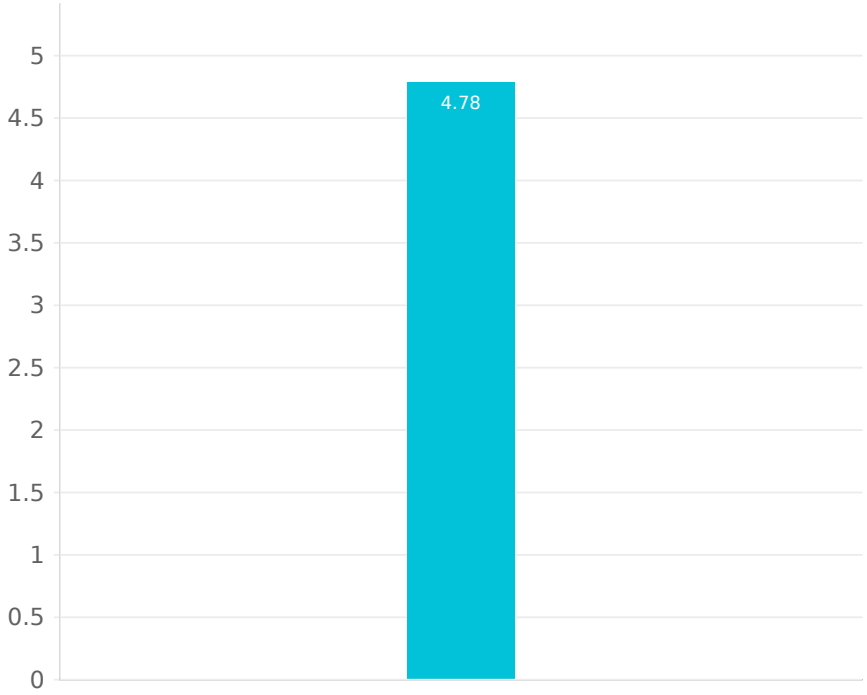
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.44%	1
5 (Strongly Agree)	97.56%	40

Average rating: 4.98

Q22

The assistant instructor(s) were valuable contributors to the course.

Answered: 41 Skipped: 0



Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	2.44%	1
4	17.07%	7
5 (Strongly Agree)	80.49%	33

Average rating: 4.78

Feedback

Q23

Please provide specific feedback (positive or negative) on the GST course, curriculum, techniques, or teaching methodologies so we can continue to make it better for officers.

Answered: 37 Skipped: 4

1. The course was very clear, easy to follow and was easy to retain.
2. I enjoyed the SPF teaching method. Most can learn movements, but can’t teach. This clearly helped with teaching the methods and others.
3. I think the course material is great. The techniques are great for a single officer encounter. The course has inspired me to continue jiu jitsu training. The teaching methodology is very useful and applicable to other types of material.
4. Phenomenal training and so clear and easy to understand !
5. The teaching methodologies were great
6. Great course, enjoyed as someone with no experience. My critique would be the timing on some the lessons, additional drilling time for more reps would be beneficial. Also when there's odd # of students, there was sufficient time for each student to get a rep on some of the longer drills. More partner switching would be beneficial as well.
7. Curriculum was outstanding. All the lessons were clear and concise and were practical for use on the street
8. I really enjoyed the class. I entered slightly intimidated because it was my first jiu jitsu class. The way it was instructed was amazing yet simple. The vibe in the class was unimaginable. I will definitely take a GST course again!
9. VERY professional staff and clear concise content
10. Really enjoyed the teaching method. SPF is definitely a model I will use when teaching other programs. This made me want to continue learning about BJJ and see where this skill and way of life could take me. Thank you for the thought and effort you put into a course like this for law enforcement/military. It is much needed and appreciated.
11. I think this course, both the moves and the teaching methodology, is on point. It is hard to improve it.
12. I am blown away by the hidden arm technique. Our agency’s current tactic for resolving that situation does not look great especially with the new political environment around law enforcement.
13. This course is by far the best course for law enforcement survival. Based on how the political climate in law enforcement is shifting against us, GST provides a great solution in how to safely take suspect into custody using efficient techniques while keeping the officer and suspect as safe as possible. The course curriculum is so well structured that even for a new student in bjj could follow along, pick up the techniques and even execute them. The SPF method is so effective that it makes teaching a technique very simple but keeping it very structured while delivering vital information and details to students.
14. Great course with valuable techniques
15. Overall, very impressive course. The structure and training techniques were much better than expected. I would have liked us to change partners throughout the week to get better and different reps.
16. The structure in which techniques you learn (as LEO) is often lost or neglected in DT. GST’s structure in teaching the curriculum was exceptional. The structure and how the techniques build on each other were awesome fro absorbing the material.

17. -Great course. Lot of useful information presented and drilled. Increased my level of understanding of ju Jitsu moves and law enforcement defensive tactics
18. The teaching method is applicable to other areas. There are numerous similarities to teaching methods currently in use by the FBI. Making as much the same will make instruction better across the board.
19. Retained more by the last day of the course than after the entire Academy
20. The structure that the material is presented in, makes learning the material very easy.
21. I enjoyed the course and techniques and how they applied to Law Enforcement and the likely untrained subject. Weapon retention taught was great. Live action simulations were very helpful.
22. If you could put how to do the moves into the book so we can practice the moves while at home due to not having access to the videos immediately
23. Perhaps open this up to non Leo entities within our organizations. For instance federally we have surveillance specialists that are in the field who do not carry and could use some sort of DT catered to them
24. Great class.
25. Very well organized and great presentation. Made it extremely easy to learn.
26. The course was so well taught. The energy was amazing, made me want to become a GST instructor
27. Consider granting early access to the GST videos for evening review and study.
28. The teaching methodology is excellent. I've been a DT instructor for 10 years and using the SPF method made teaching so much easier and efficient. I will be using it in a number of different areas.
29. The techniques were what I was expecting to learn the most, but the SPF teaching was such a surprise and great information.
30. Very well structured curriculum presented with passion. It was clear each day what we could expect and we accomplished what we set out to do.
31. This was definitely one of the best courses I've ever attended. The teaching methodology was definitely effective. My only suggestion would be to grant access to the online videos as we're learning them so we can study after class and the next day we can spend more time practicing the move instead of relearning it.
32. Very well done. I appreciate the structured approach. Having Tom and Chris stay consistently on message helped me stay focused
33. These techniques are exactly what law enforcement needs to help maintain safety for the officer and suspect. These techniques were very practical for our profession!
34. The course was top notch. The curriculum was solid and I could understand and execute it as a beginner. Learning the teaching methodology was invaluable and I will be able to apply it to other topics I teach. Highly suggest having students switch partners throughout the week. When two beginners are paired together it is easy to get list on scripted scenarios. It partners rotate it allows students to work with each other and help coach each other better.
35. Overall it was a great course, I learned a ton. The pace of the course was fast, if it takes you longer than others to learn the techniques then you can get behind quick. The last day I felt behind and not as comfortable with the techniques.
36. Great course. I’m sure there is room for improvement, but that knowledge is beyond my level of training. I can’t think of anything I would add or take away
37. GST was one of the best courses I've taken on any subject. The emphasis on safety and organized structure of the course made it very easy to focus on the material and retain what was taught.

Q24

Please provide specific feedback (positive or negative) on the head instructor's performance so they can continue to reach new heights with your help.

Answered: 37 Skipped: 4

1. Tom was a great instructor, always keeping the students attention and breaking everything down to the LCD.
2. The enthusiasm was incredible. You could feel the passion.
3. Tom was an amazing instructor. Great energy, clear communicator and amazing teacher.
4. This is instructor is “the one”!
5. Tom was great. So much energy and passion towards teaching.
6. Excellent. Great communicator and instructor.
7. Tom was phenomenal. Extremely knowledgeable and confident in the techniques.
8. Tom is one great instructor. There is nothing negative to say about it. All the positives in the world though. The energy, the welcoming of questions, his demeanor and desire to make sure everyone understood it all. Great lead instructor.
9. Tom is the man, has a talent to teach and creates a positive working environment
10. Tom was a great instructor. Very knowledgeable and effective communicator.
11. Amazing energy and very thorough knowledge of the material. Was able to reach every student and you wanted to learn from him.
12. Tom was EPIC. Let me say that again, Tom was EPIC. He is a master at the moves, the fight simulation, and the teaching methodology. But what was super cool is that he has the spirit of a Gracie. He may look different but he teaches like a Gracie.
13. Tom’s energy is great and his instructions
14. Head instructor Tom easily one of the best instructors i have ever learned from. Bringing a warm welcome training area and also able to break down movements and concepts to new students such as myself.
15. Tom was a great teacher. Very clear and patient with students
16. Tom, amazing instructor. One of the best I’ve had in over 10 years of LE
17. Tom was loud (in a good way), confident and energetic. Tom set the tone right out of the gate and maintained that level throughout the course. Great instructor.
18. -great instruction. Lots of energy and very knowledgeable. Very good teacher
19. Great performance on what an instructor should be.
20. Effective teacher and passion for teaching and the material was evident.
21. Tom was absolutely amazing. I would go out of my way to attend any of his classes.
22. Great energy! Kept me engaged and focused on the tasks. Very approachable and great at slowing things down to explain each step.
23. Really great instructor. Super knowledgeable. Taught in a manner that was easy to follow. Would love to attend any class taught by him again.
24. Head instructor was great and approachable, he never left the Gracie training methodology
25. Great instructor. Great Presentation skills and clearly explained moves. Approachable and always willing to help out.
26. One of the best instructors I have had the privilege of working with.
27. His energy was incredible, his teaching method was flawless. It was easy to follow
28. Very personable and technically competent in GST and instructional methodologies
29. Made the experience feel personal. Communication was open and fluid.

30. Tom showed up day one with a great attitude and alot of passion. He made the course what it was, along with his assistants.
31. Tom was amazing his energy level was great he made sure the whole class was engaged and nobody was left behind.
32. Tom was easy to understand, very knowledgeable, and very energetic and encouraging.
33. Tom was the best instructor I've had in ANY law enforcement training I've taken in my entire career. He was super professional, created a phenomenal class vibe, and a safe and fun training environment.
34. Fantastic!
35. Tom is a phenomenal instructor. I learned much more than I thought I would in terms of instructor development.
36. Tom did an awesome job. Extremely professional, clear communicator with a great attitude.

Q25

Please provide specific feedback (positive or negative) on the assistant instructor(s) performance(s) so they can continue to improve their skills and optimize their interactions.

Answered: 37 Skipped: 4

1. The assistant instructors were very knowledgeable and helped out when Tom was busy. Great crew.
2. Chris was awesome. He really vibes with Tom and the pair was perfect.
3. The assistant instructors were very helpful and encouraging. Some were a little soft spoken and hard to hear.
4. N/a
5. They were all great. Encouraging and helpful
6. Worked mostly with Chris and Leo and they were excellent. Very helpful and had good insights during breaks also.
7. Chris and the other assistant instructors were all very good. Knew the topics and were available to help with questions
8. Chris is great as well. The two paired together was great. They worded off each other well and the flow was great. Chris was a greatt assist to the class.
9. Very approachable and willing to help in any way
10. Chris and Raul are great assistants. They provided great one on one teaching and coaching during the drills.
11. Great energy and knowledgeable. Really paired well with the lead instructor and was very positive.
12. They were all great!
13. Chris was super helpful especially when broken out with partners
14. All the assistant instructors were great! each one would be patient with students and help correct, encourage and keeping a fun environment
15. Chris was knowledgeable of the subject matter and worked well with the students
16. All very humble & helpful
17. Skillful and supportive of students. Chris took the time to really teach and make sure each student he addressed absorbed the material.
18. -Good teacher very knowledgeable. -Could speak a little louder, but other than that fantastic instructor
19. Same as above. Great example of how to teach and Lois ten to students.
20. Approachable and effective communicator
21. Chris was amazing as well. Extremely positive and professional
22. Chris was great. Easy to follow his movements and very helpful with questions.
23. Side instructors were great. Helpful during demos. While walking around kept an active part in helping in corrections. Knowledgeable about the course material.
24. Great assistant instructors, no comments
25. Great instructor. Willing to answer any questions and clearly explained moves.
26. Very good assistance. Chris was extremely knowledgeable and eager to help.
27. Great job as well, a little more volume while explaining
28. Instructors were very competent and professional. The course was presented very efficiently with negligible downtime.
29. Worked well with the head instructor. Was knowledgeable and helpful.
30. Chris had a great attitude and I could tell he truly cared about making us all better and safer in our line of work.

31. Chris was great! He always made sure walk around and provide lots of feedback and answer any questions he was very personable and made sure to interact with everyone.
32. Loved having them around. Very insightful and personable. We’re a team that isn’t used to compliments so that took getting used to. I’m a bigger fan of a direct approach but I understand it’s a method.
33. Chris was very knowledgeable as well and walked me through several techniques making it easier for me to understand. He was also very supportive and energetic. Sometimes he was too quiet when speaking to the class.
34. Chris was great and always made sure to walk around and provide helpful feedback and coaching. He was compassionate and professional.
35. All were great and seemed to be on the same page. Great job!
36. Chris was a good instructor, but a little soft spoken, and sometimes as a result hard to understand. Other than that, he explained everything clearly and I enjoyed learning from him.
37. Chris also did a fantastic job, he provided valuable detail, great energy and clear instruction.

Gracie University Online Access Application

As a certified instructor, you will be granted access to the GST Level 1 comprehensive online video curriculum.

The primary benefit is that you will be able to review the techniques in detail before teaching them to your colleagues. Another key benefit is that anytime a technique is altered or added to the program, we will update the corresponding video lesson online so that you will get instant access to the updated technique.

The GST online viewing privileges will remain active for the duration of your GST certification period. Consequently, it is essential that you plan your GST recertifications no more than 24 months apart.

IN ORDER FOR US TO UNLOCK YOUR ONLINE GST ACCESS, **YOU MUST HAVE A GRACIE UNIVERSITY ONLINE STUDENT PROFILE.** If you already have one, continue with the online application below. If not, please click here to create your free student profile (it only takes 60 seconds). If you're creating a new profile, we strongly recommend using your personal email since government email address tend to have firewall issues.

Once you've created a free student profile, please provide the following information so that we may unlock (or renew) the GST course in your lesson library.