GST Level 1

46
Total Responses

46 Completed Responses

0 Partial Responses

3491
Survey Visits

Average Ratings

Questions	Average Ratings	Out of
The jiu-jitsu techniques presented in GST were effectively adapted for use in law enforcement.	4.89	5
Training safety protocols were established at the beginning of the course and remained a top priority throughout the week.	4.96	5
GST proficiency will likely reduce an officer's risk of injury during a use of force encounter.	4.91	5
GST proficiency will likely reduce the risk of injury to a suspect during use of force encounter.	4.78	5
Your level of satisfaction with the Gracie University teaching methodologies (SPF) that you learned during the course:	4.91	5
Likelihood that you will recommend the GST course to other officers:	4.96	5
Your overall satisfaction with the GST course as it was presented:	4.85	5
The instructor clearly stated the objectives of the course.	4.93	5
The stated objectives of the course were met.	4.96	5
The material was well organized and presented in a systematic manner.	4.98	5
The instructor presented the information at a level you could understand.	4.98	5
The instructor encouraged you to ask questions.	4.98	5
The answers to questions were satisfactory.	4.96	5
The instructor was an effective communicator.	4.98	5
This instructor should be chosen to present this topic again.	4.98	5
The assistant instructor(s) were valuable contributors to the course.	4.98	5

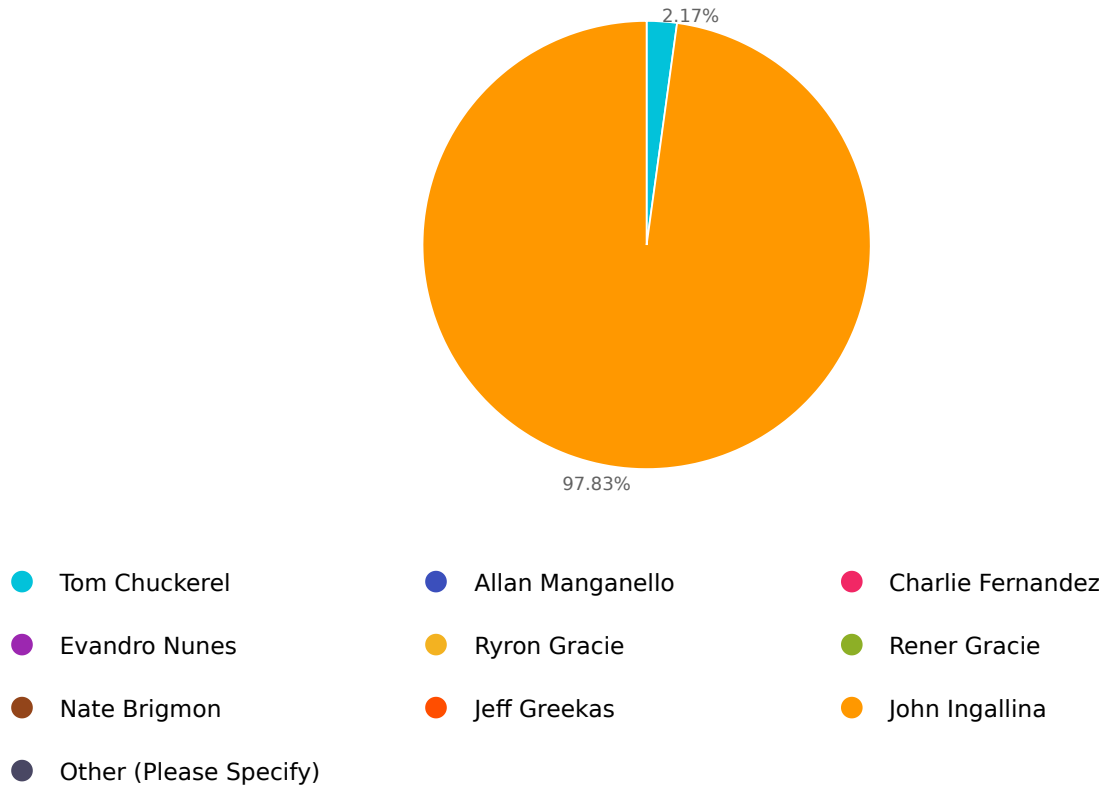
Overall average survey rating: 9.87/10

Course Information

Q1

Name of the GST Head Instructor for your course:

Answered: 46 Skipped: 0

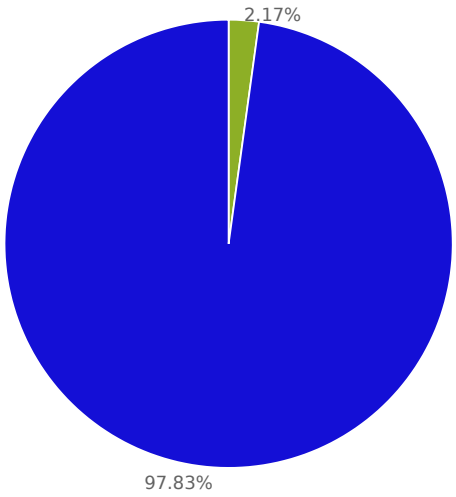


Choices	Response percent	Response count
Tom Chuckerel	2.17%	1
Allan Manganello	0.00%	0
Charlie Fernandez	0.00%	0
Evandro Nunes	0.00%	0
Ryron Gracie	0.00%	0
Rener Gracie	0.00%	0
Nate Brigmon	0.00%	0
Jeff Greekas	0.00%	0
John Ingallina	97.83%	45
Other (Please Specify) No Responses	0.00%	0

Q2

Name of the primary GST Assistant Instructor for your course:

Answered: 46 Skipped: 0



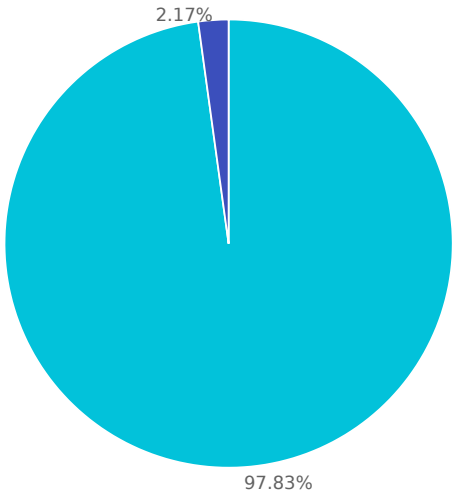
Charlie Fernandez	Guy Scuderi	Jeremiah Hackerott
Tom Chuckerel	Nate Brigmon	John Ingallina
Justin Wade	Neil Warren	Damon Gilbert
Howard Steele	Jeff Greekas	Allan Manganello
Cameron Price	Ben Zapata	Mark Ammerman
Mark Miller	Bernardo Figueiredo	David Lee
Felix Acosta	Other (Please specify)	

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	2.17%	1
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	97.83%	45
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) No Responses	0.00%	0

Q3

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

Answered: 46 Skipped: 0



Choices	Response percent	Response count
First Time	97.83%	45
Recertification	2.17%	1

GST Course Location

Q4

City, State

Answered: 46 Skipped: 0

Field label	Response percent	Response count
City	100.00%	46 Responses
State	100.00%	46 Responses

City	State
Vacaville	CA
Vacaville	Ca
Vacaville	Ca
Vacaville	California
Vacaville	CA
Vacaville	California
Vacaville	California
Vacaville	California
Vacaville	California
Vacaville	California
Vacaville	California
Vacaville	California
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Vacaville	Ca
Vacaville	California
Vacaville	California
Vacaville	Ca
Vacaville	Ca
Petaluma	CA
Vacaville	Ca
Vacaville	California
Vacaville	CA
Vacaville	CA
Vacaville	CA
Vacaville	Ca

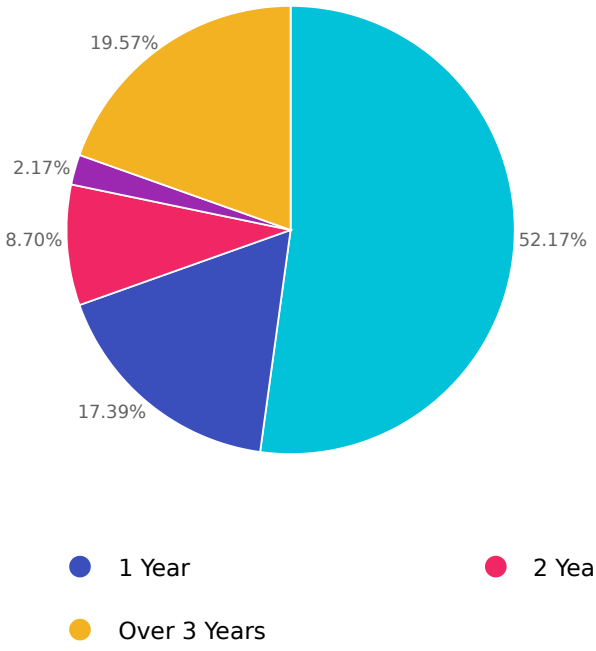
Vacaville	Ca
Vacaville	California
Redding	CA
Vacaville	California
Vacaville	California

Course Survey

Q5

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

Answered: 46 Skipped: 0

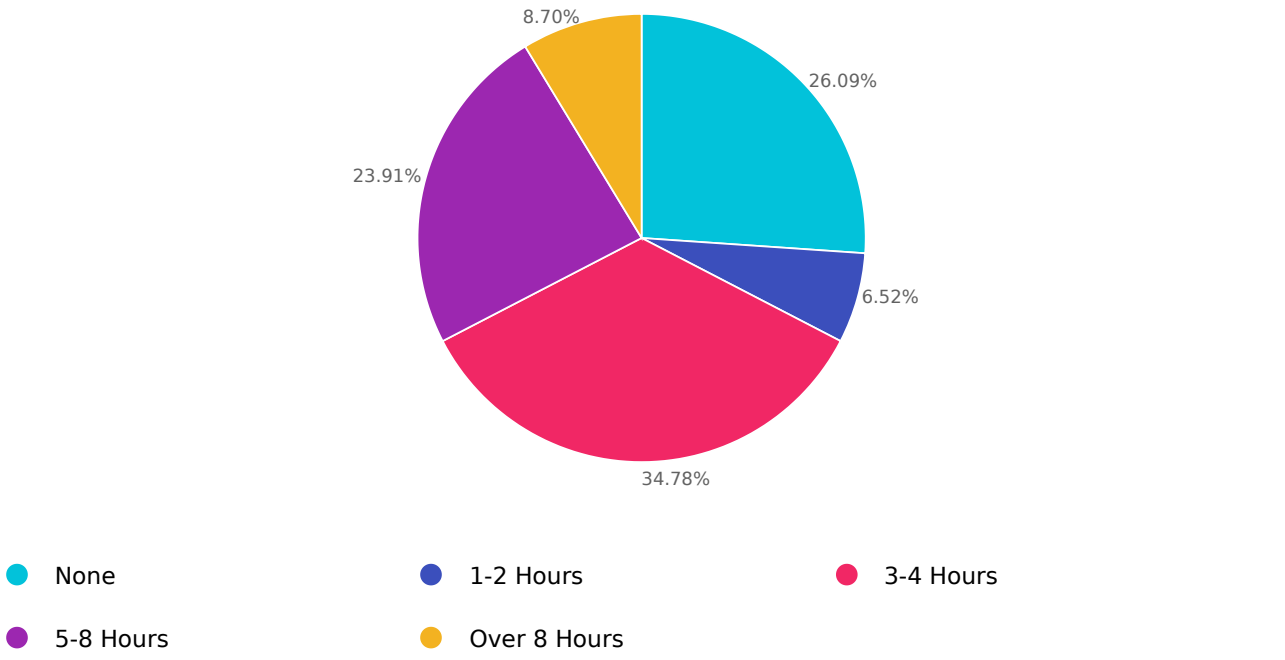


Choices	Response percent	Response count
None	52.17%	24
1 Year	17.39%	8
2 Years	8.70%	4
3 Years	2.17%	1
Over 3 Years	19.57%	9

Q6

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

Answered: 46 Skipped: 0

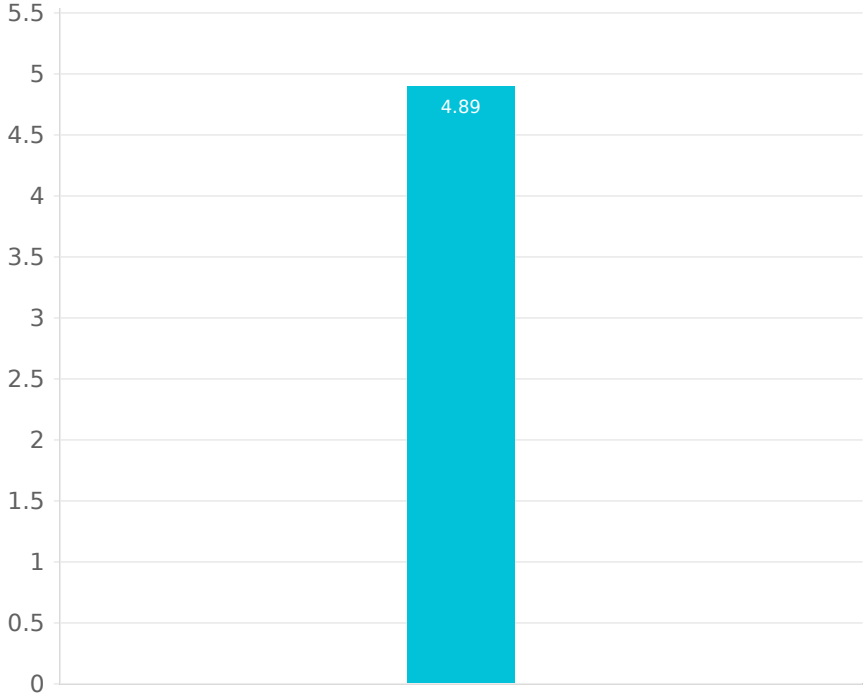


Choices	Response percent	Response count
None	26.09%	12
1-2 Hours	6.52%	3
3-4 Hours	34.78%	16
5-8 Hours	23.91%	11
Over 8 Hours	8.70%	4

Q7

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

Answered: 46 Skipped: 0



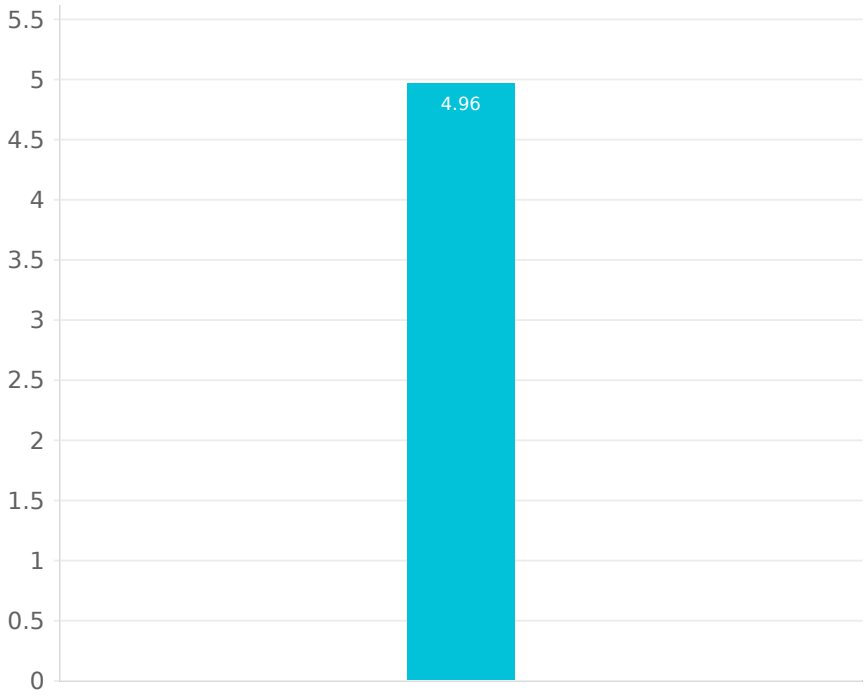
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	10.87%	5
5 (Strongly Agree)	89.13%	41

Average rating: 4.89

Q8

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

Answered: 46 Skipped: 0



Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	4.35%	2
5 (Strongly Agree)	95.65%	44

Average rating: 4.96

Q9

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

Answered: 46 Skipped: 0



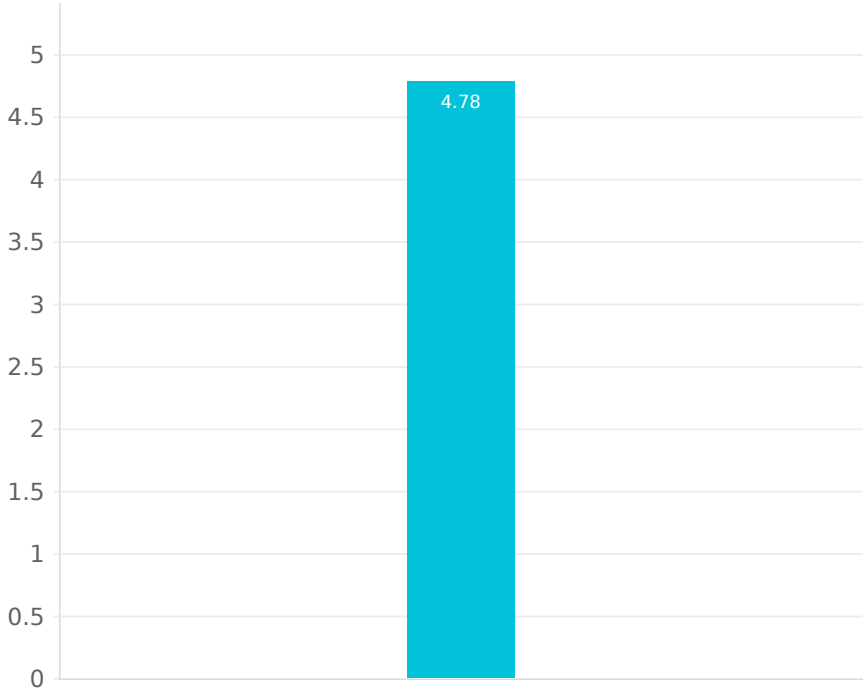
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	8.70%	4
5 (Strongly Agree)	91.30%	42

Average rating: 4.91

Q10

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

Answered: 46 Skipped: 0



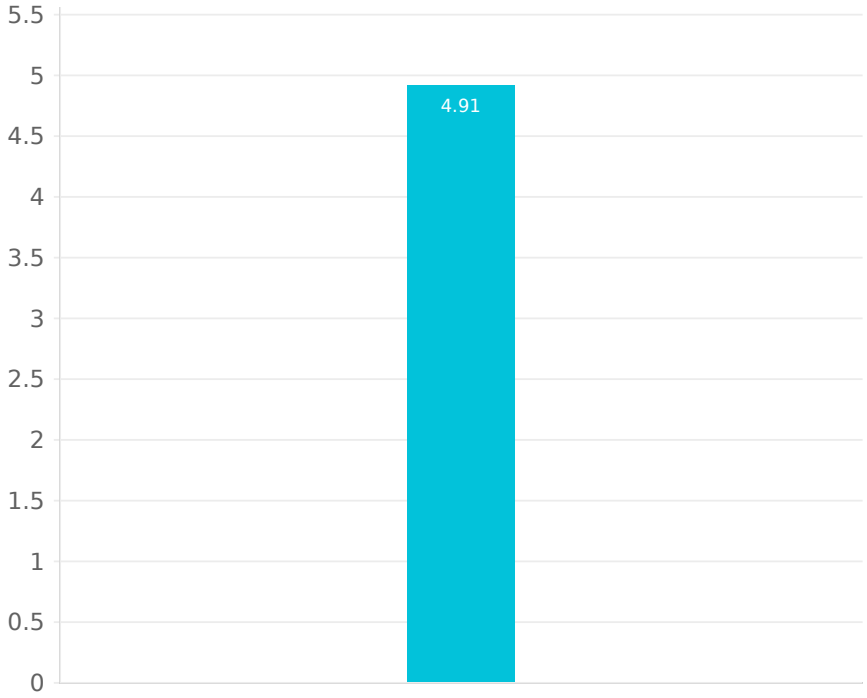
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	2.17%	1
4	17.39%	8
5 (Strongly Agree)	80.43%	37

Average rating: 4.78

Q11

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

Answered: 46 Skipped: 0



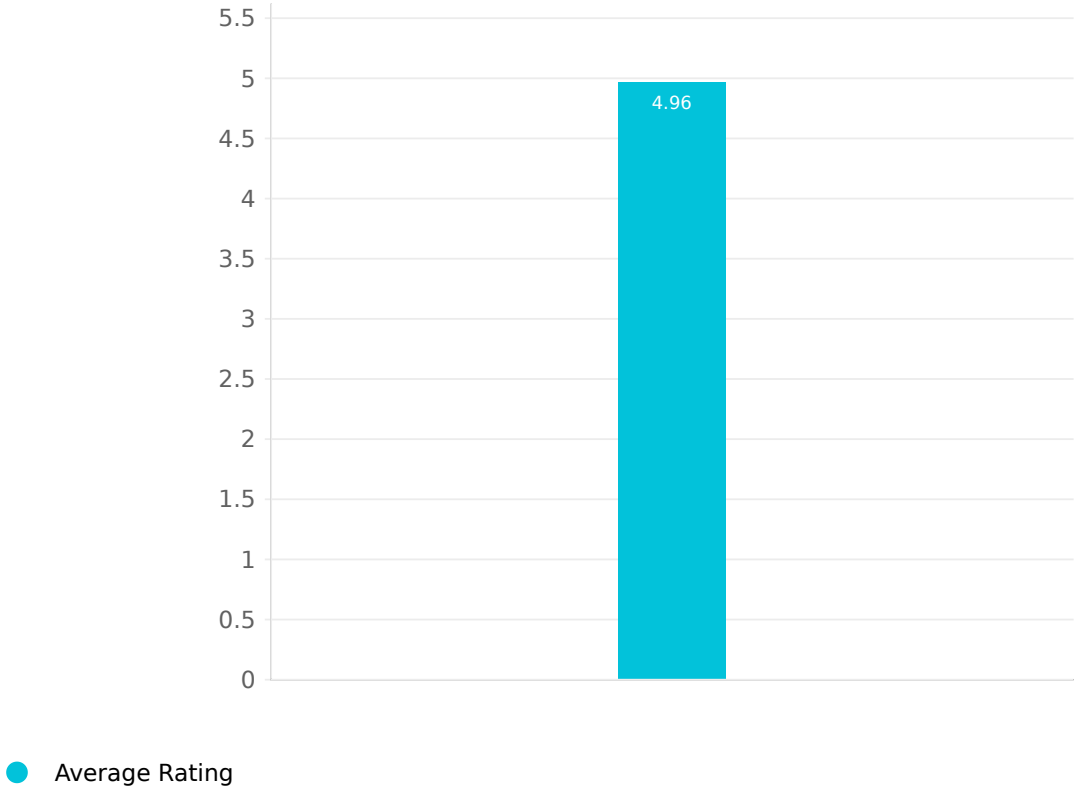
Rating	Response percent	Response count
1 (Dissatisfied)	0.00%	0
2	0.00%	0
3	0.00%	0
4	8.70%	4
5 (Extremely Satisfied)	91.30%	42

Average rating: 4.91

Q12

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

Answered: 46 Skipped: 0



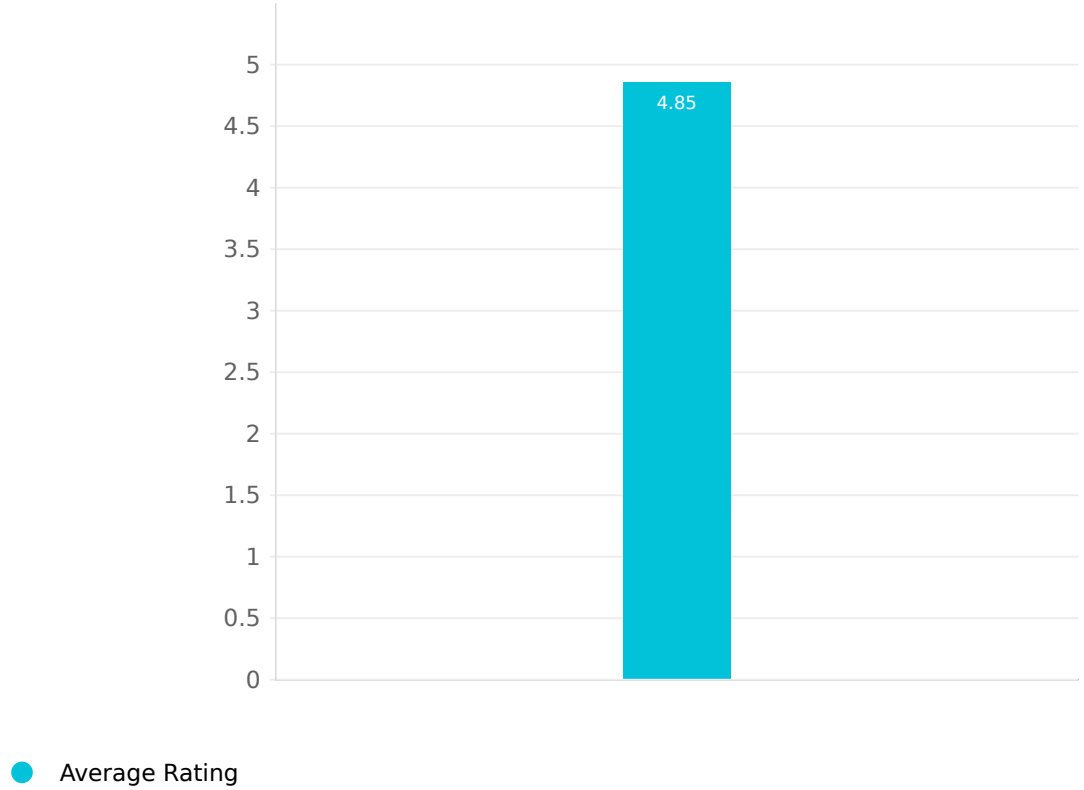
Rating	Response percent	Response count
1 (Very Unlikely)	0.00%	0
2	0.00%	0
3	0.00%	0
4	4.35%	2
5 (Very Likely)	95.65%	44

Average rating: 4.96

Q13

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

Answered: 46 Skipped: 0



Rating	Response percent	Response count
1 (Waste of Time)	0.00%	0
2	0.00%	0
3	2.17%	1
4	10.87%	5
5 (Best Course Ever)	86.96%	40

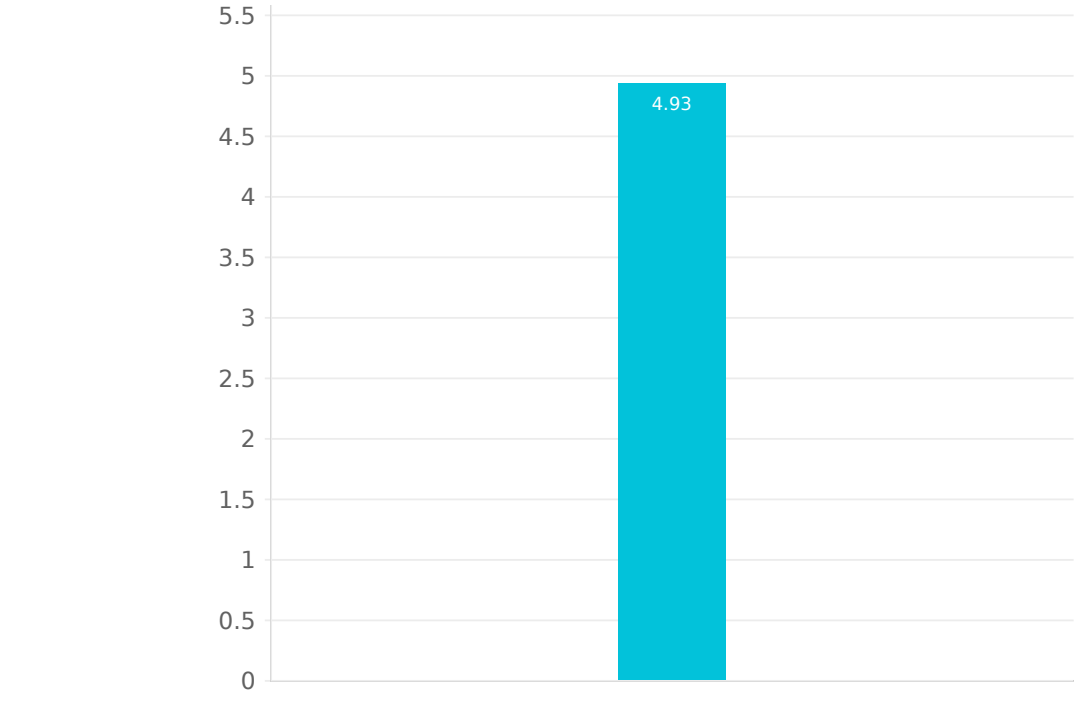
Average rating: 4.85

Instructor Survey

Q14

The instructor clearly stated the objectives of the course.

Answered: 46 Skipped: 0



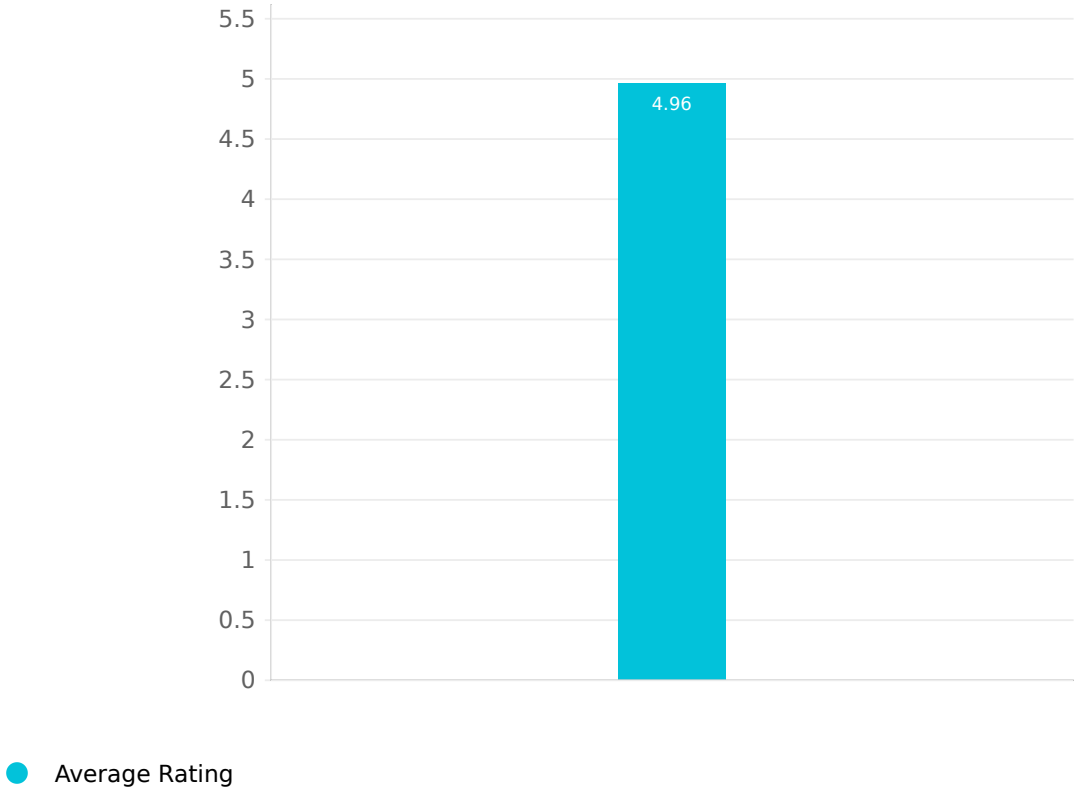
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	6.52%	3
5 (Strongly Agree)	93.48%	43

Average rating: 4.93

Q15

The stated objectives of the course were met.

Answered: 46 Skipped: 0



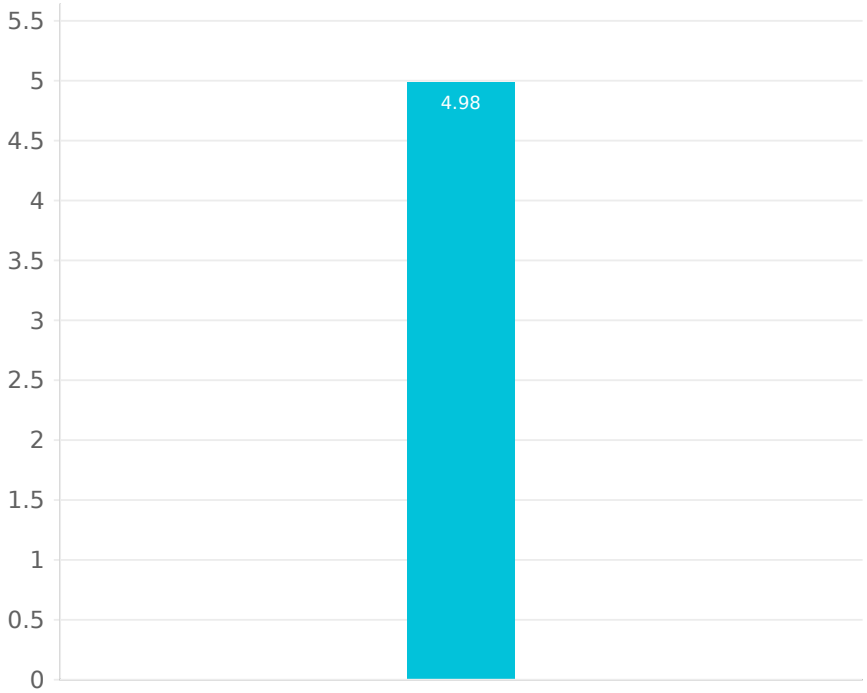
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	4.35%	2
5 (Strongly Agree)	95.65%	44

Average rating: 4.96

Q16

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

Answered: 46 Skipped: 0



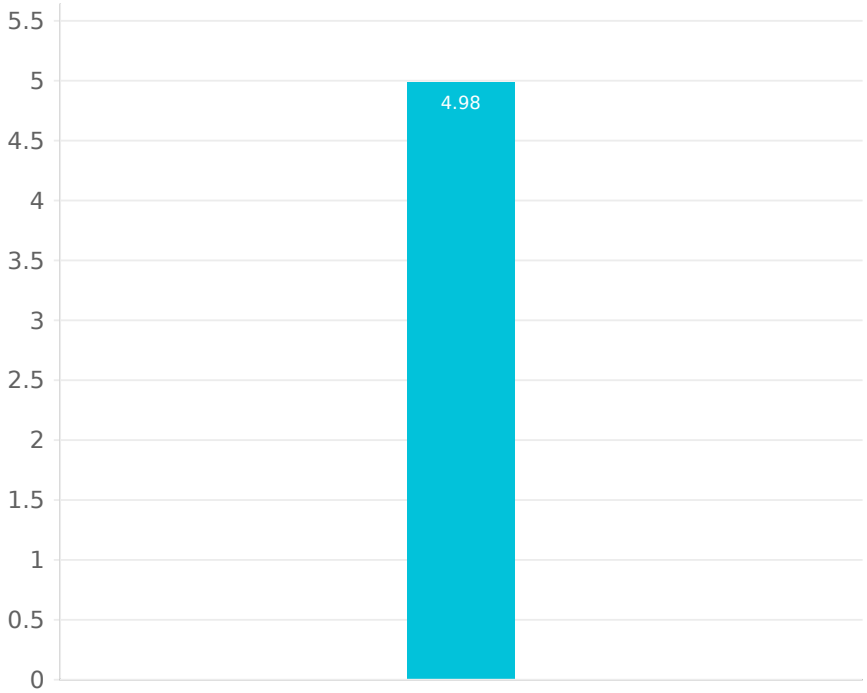
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.17%	1
5 (Strongly Agree)	97.83%	45

Average rating: 4.98

Q17

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

Answered: 46 Skipped: 0



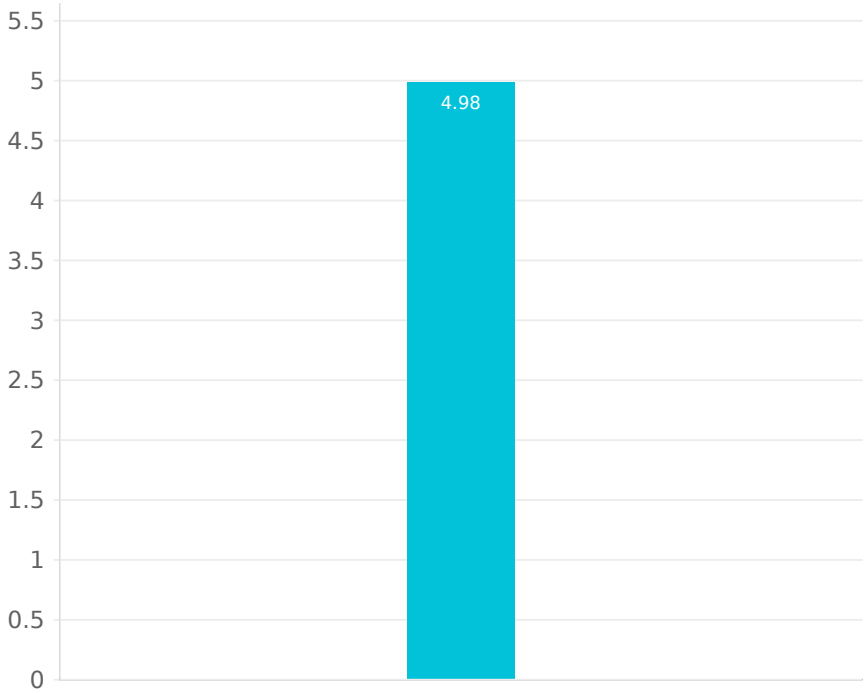
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.17%	1
5 (Strongly Agree)	97.83%	45

Average rating: 4.98

Q18

The instructor encouraged you to ask questions.

Answered: 46 Skipped: 0



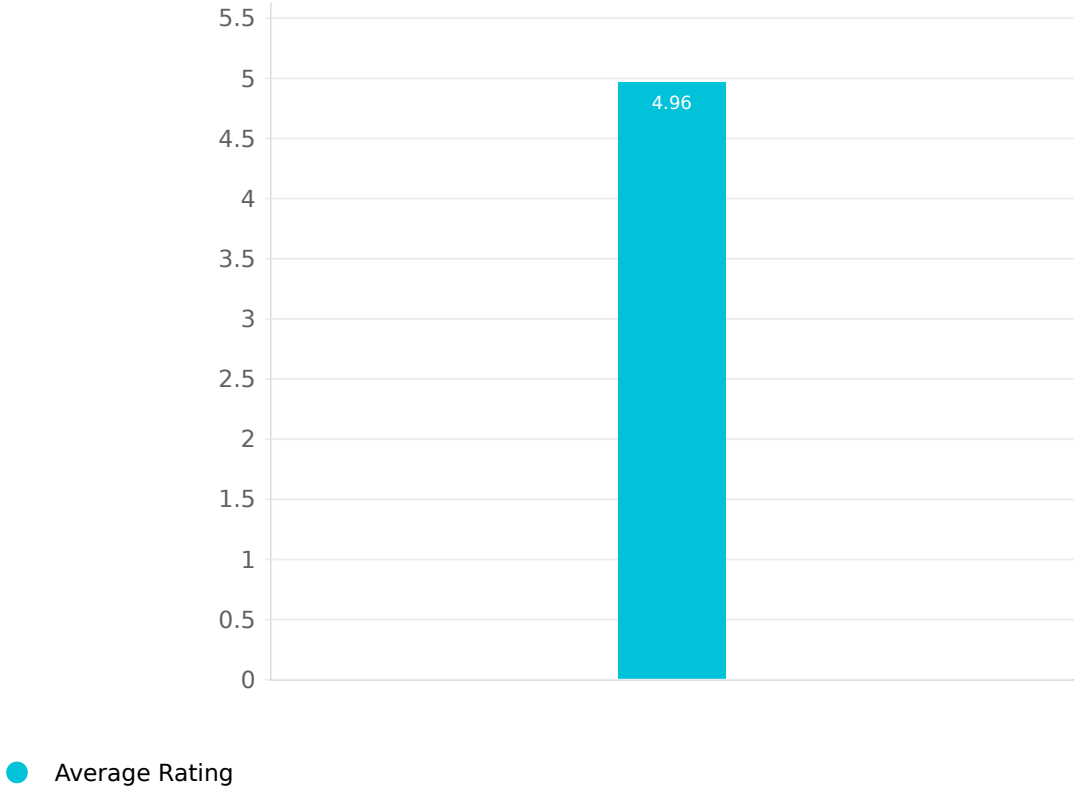
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.17%	1
5 (Strongly Agree)	97.83%	45

Average rating: 4.98

Q19

The answers to questions were satisfactory.

Answered: 46 Skipped: 0



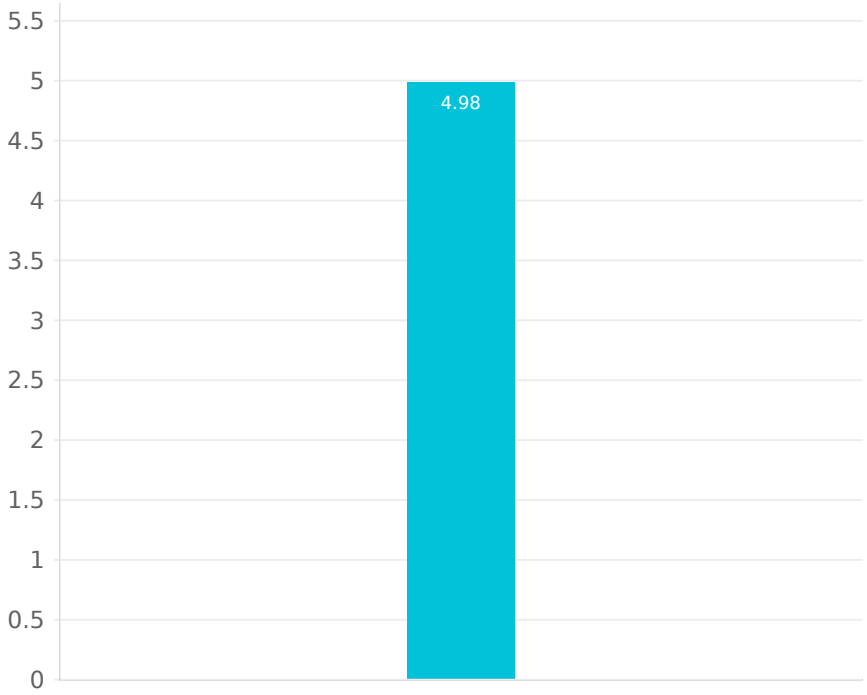
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	4.35%	2
5 (Strongly Agree)	95.65%	44

Average rating: 4.96

Q20

The instructor was an effective communicator.

Answered: 46 Skipped: 0



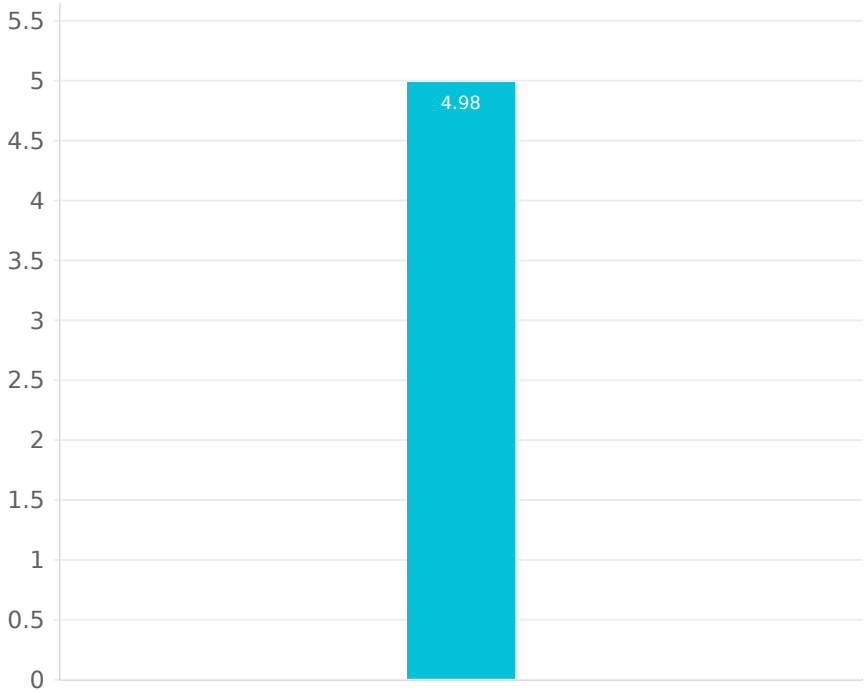
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.17%	1
5 (Strongly Agree)	97.83%	45

Average rating: 4.98

Q21

This instructor should be chosen to present this topic again.

Answered: 46 Skipped: 0



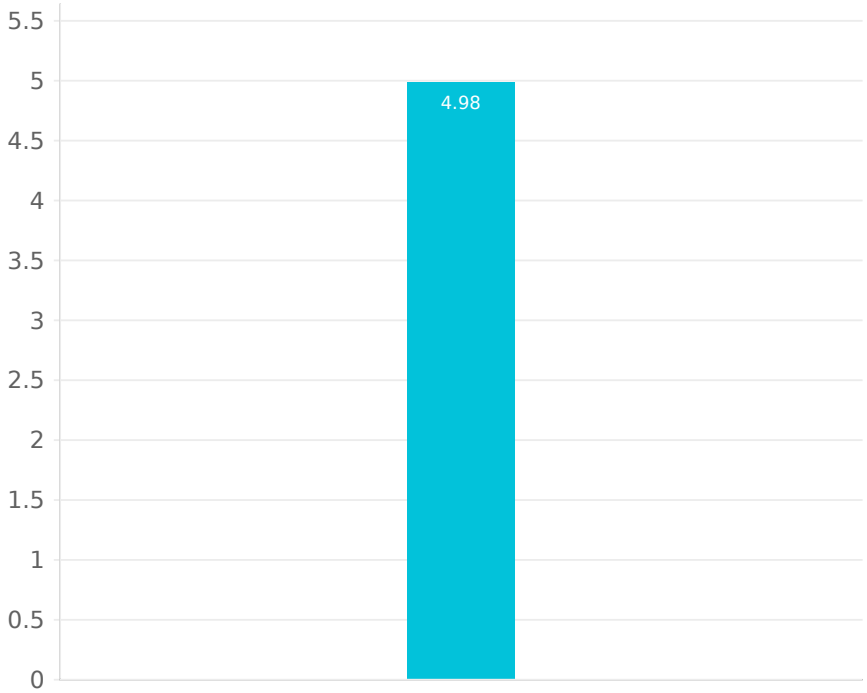
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.17%	1
5 (Strongly Agree)	97.83%	45

Average rating: 4.98

Q22

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

Answered: 46 Skipped: 0



Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	2.17%	1
5 (Strongly Agree)	97.83%	45

Average rating: 4.98

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: 42 Skipped: 4

1. Out of all the defensive tactic instructor courses that I have been to, this course had the best teaching techniques. Learning the SPF has given me the opportunity to see that it definitely works. I will incorporate this teaching technique at my agency.
2. The ground control techniques were simple and effective and could be easily distributed to patrol officers with little or no previous ground fighting experience. I felt that the techniques regarding the rear naked choke from standing and back mount were overly streamlined, however, and did not prepare students for realistic strangulation attempts. I also understand the risks and discomfort associated with training with a duty belt on, however, believe that more training, even slow and controlled, with gear on would be greatly beneficial to the overall effectiveness and retention of the material.
3. The teaching philosophy was great and I have a better understanding of good instruction to clear out any questions or doubts. Overall great class
4. The systematic and layered approach to instruction combined with ample opportunity for practice made the large amount of material easily digestible.
5. Best law enforcement training I have ever been to hand down. I had only about 6 month bjj experience and over the course of the 40 hour training feel 100% more comfortable doing the techniques and teaching them too.
6. Maybe go over the teaching method first so the students understand how you are presenting it and can better understand how to mimic the teaching style.
7. I found the teaching methodologies to be incredible. I am impressed with how much I was able to learn but more importantly retain in 5 days.
8. The content was presented simply and without clutter.
9. Awesome
10. Awesome all around!
11. I thought this was by far the most valuable training I have been to in my career. The techniques were solid, easy to comprehend, and realistically applicable.
12. The Solo demo were very clear and easy to understand.
13. The breakdown of moves was simple. The teaching method was slow and the instructors taught to the lowest common denominator.
14. The course and everything related to it was very easy to follow along and understand.
15. I don’t have much experience but I will tell you that this has been the easiest and most fun training I’ve been to. The instructors made it fun but kept it professional and I was able to learn more than I ever have. Can’t say enough how much I appreciate them.
16. Each technique is easily understood and very much applicable to any real world altercation.
17. The GST curriculum was presented in a good way I could understand and apply!
18. A lot of information was taught over the week, but the course was well thought out and allowed students to comprehend and retain techniques
19. The teaching methodologies allow retention of the technics that were taught.
20. Beyond impressed with this course and the instructors.

21. Just keep teaching this course! It is extremely valuable and will help keep us in the fight and return to our families safely. It will also help us to ensure we feel confident with other options. Thank you for you diligence!
22. Simple techniques that work for different body types. They reach the base level of officers and are not too advanced. The teaching methodologies, specifically how to combat the negative student, are great and useful.
23. Loved how there was an instruction on how to teach techniques (SPF)
24. This was by far the best training I have ever taken. It was a great learning environment.
25. The SPF is a great way to learn, and I found this instruction even easier to lean than at my Jiu-Jitsu academy
26. Amazing course. Both instructors were great and worked well with eachother. Very friendly and knowledgeable. Only critique would be longer breaks and more frequent.
27. The content was excellent & the SPF is an incredibly valuable tool that can be adapted to teaching any subject
28. I wish level one and two were offered in a two straight week curriculum in Northern California.
29. This course is amazing. I've been through many specialty courses in 10 years of law enforcement. This was by far the best one yet .
30. This was one course where I feel I will actually use the stuff I learned at a patrol level. Absolutely awesome course!
31. Very helpful techniques that seem very applicable to law enforcement and use on patrol
32. I think the course was great in every area. Everything about it is perfect. It would be nice if somehow we (everyone in GU/everyone that has gone through gst) could figure out a way to get more by in with departments/officers. Everyone needs this.
33. The SPF is a great structure that I leaned and will be implementing it in our curriculum and teaching techniques.
34. Great course!
35. The pace was sustainable. I also came in with a minor knee injury and felt the flow and culture of the class made it safe to train.
36. Loved everything. I am sure it is hard to fit into a level 1 course, and not a part of the main objectives, but I was often curious on how it would like with multiple officers on a suspect and how it would play out. Seeing that integrated would be helpful
37. Curriculum was great and it was taught at an excellent pace.
38. The methodologies were to the point and simple. It made it very easy to learn and very interactive
39. Amazing!!
40. The primary instructor John was able to teach the course so that all students of all skill levels could understand. When it came to explaining each specific technique he explained it in such a way that it was to the lowest common denominator. Also the instructors personality and demeanor was always positive and he was approachable.

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: 40 Skipped: 6

1. John Ingallina did an excellent job as head instructor. His his instruction was clear concise and patient. I appreciate all of his knowledge and tips.
2. John was an excellent communicator. He followed the SPF very well and made the instructional portions very warm and welcoming. He was also very knowledgeable on the craft and had answers ready for any questions whether directly tied to the material or if students had questions about other situations.
3. He was very knowledgable, confident, well spoken with made the class better as a new student. His passion shows in the art of jujitsu, martial arts and life.
4. The head instructor is one of the best I’ve ever seen in any course. Passionate, knowledgeable, and skilled. He should continue to do exactly what he is doing.
5. John was amazing. He directed the class well, community effectively, and closed each day smoothly.
6. Great enthusiasm, great presentation, so much knowledge.
7. John was fantastic. His positivity and desire to teach the program was apparent with everything he did in the class. He provided a positive and safe place to learn.
8. John was amazing. He control, enthusiasm, and conviction was perfect. I wish I had as much control in my whole body as he does in his foot.
9. John was awesome.
10. Flawless
11. I thought John was excellent. He created a warm and friendly environment. John communicated clearly and effectively and made every technique seem easy to learn and understand.
12. Explanation of each technique was done exceptionally well.
13. John did a great job providing feedback and making each person in the class feel like a part of the team. He was very helpful and taught the class very well.
14. John was amazing. His love for this craft really shows. He knows how to get people engaged and keep them engaged. John is easy going, easy to talk to and approach.
15. John was incredible and made the course fun and stressed the importance of every detail. His level of professionalism shows while he teaches and I have much respect for him.
16. The communication from John to the students was at a great pace and he never left us with questions.
17. Instructor was well knowledgeable about the subject and presented the material perrrfectly
18. John did a great job, wouldn’t change anything
19. Amazing person and teacher! High energy and great speakers
20. Phenomenal instructor. Highly recommend.
21. John was amazing! He has a great passion for jiu jitsu as well as teaching. Everything was super smooth and easy to understand and replicate.
22. John was the man. Great communicator and instructor. Very supportive and genuine. Set a very good foundation for the instruction.
23. Head instructors were personable and approachable. Made everyone feel comfortable and open to asking questions.
24. John was a phenomenal instructor. Very engaged with us students and made me feel comfortable. Although I did not have any experience coming into this training, he was very encouraging and I never left class feeling defeated.
25. John was awesome. He was positive and enthusiastic and made it easy to retain all the details of the moves.

26. All positive, no negative
27. Instructors were Perrrfect
28. John was phenomenal. I want to move to New York just so I can train with him.
29. Awesome teacher! Always helping and reiterating what to do if someone didn’t understand the move or sequence of moves.
30. John was very patient, never showed anger or annoyance and was always more than willing to help or answer questions.
31. John is amazing. He is a great instructor and is very knowledgeable. His communication is fantastic. I just wish he wasn’t located on the other side of the country.
32. Great communication and showed passion for the program.
33. Outstanding Instructor!
34. John was great, really captivated the class and had a great flow
35. Very passionate. For the last day, I would recommend demonstrating the fight simulator twice. I was second officer and couldn’t recall the techniques as it was only done verbally.
36. John was amazing at instructing and demonstrating. You could tell he really owned the SPF and was acting out the methodology really entire week down to correction. He is a great encourager but made sure we all got the technique.
37. John was professional, competent, positive, spoke w/ conviction, and broke the slices down in east to digest ways. Very enjoyable instructor to learn from.
38. John is very dedicated and really shows the importance of the techniques.
39. Amazing!!
40. Nothing but positive comments about the instructors. Their attitude, communication and knowledge base.

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: 39 Skipped: 7

1. Ben Zapata was a great instructor throughout the course. He was the evaluator during my practical application test. He paid close attention to us and provided a lot of helpful feedback to us. I also appreciated him coming around during the week as we practiced techniques. He watched us and continued to give us helpful feedback.
2. Ben was a fantastic instructor who was clearly very passionate and devoted to jiujitsu. He was quick to answer any questions and was very skilled at imparting his knowledge.
3. Same as the head instructor. Very knowledgable, experienced, broken things down well and have positive reinforcement. Absolutely nothing negative to say.
4. All of the assistant instructors were phenomenal as well. They were all clearly experienced and knowledgeable. All were very approachable and had excellent feedback and coaching methods.
5. Ben was also awesome. Great instructor duo. Ben complemented John very well and it appeared as they had been teaching together their whole lives.
6. Very helpful and made the class fun.
7. The assistant instructors were awesome. You could tell everyone was on the same page with the curriculum. Their input really added to the learning process.
8. Ben was fantastic. His dedication to the art and commitment to our safety was amazing.
9. Ben was also awesome.
10. Flawless.
11. I thought Ben, and the other assistants, were helpful and kind. They provided great insights and added new info each time the demonstrated. They never simply repeated the lead instructor which would have made them sound like a broken record. They all did amazing.
12. They were involved and knew the material.
13. Ben did a great job at adding to the techniques when John would switch roles from officer to suspect. Ben was very knowledgeable and he broke down moves very well so everyone understood what needed to be done.
14. Ben was amazing as well. Ben and John fed off of each other while teaching new moves and techniques. Ben loves what he does and it shows. Ben is very knowledgeable and easy to talk to.
15. Ben was a very down to earth person and one of the most incredible instructors I’ve had in a training course. His knowledge and ability to teach made this course incredible and just like John, much respect to him and his accomplishments as a mentor.
16. Ben was able to pick up where John left off and feed off John lead to make a seamless set of instructions throughout the entire week.
17. The assistant instructors were well aware of the material and assisted the students on better performing the material
18. Ben did a great job, wouldn’t change anything
19. Also an amazing person and teacher. High energy and great speakers
20. As impressive as the lead instructor. Absolutely nailed it.
21. Ben was a phenomenal instructor as well! If they didn't tell us who was the head instructor it definitely would have been a toss up. He is extremely passionate, experienced and has a great ability to train others!
22. Ben was great. You can tell he has been teaching for a long time and has mastered the craft of teaching physical techniques. His experience shows tremendously.
23. Assistant instructors were always there to lend a hand.
24. Ben was another phenomenal instructor. He was very encouraging and helpful. Made the class feel very welcomed.

25. The assistant instructors did a great job of going around and helping correct any errors from the students. Ben in particular brought good lighthearted comedy into the presentation and helped keep me engaged.
26. all positive, no negative
27. Ben was amazing too. He was super funny engaging and knowledgeable. He was like a genius with different fight atyles such as MMA too.
28. Super good group of teachers! They all served a pivotal roll in the course.
29. Ben had a very calm demeanor and was also very willing to help and was very patient
30. I feel the same about Ben. Absolutely amazing in every way. I just wish he lived closer so I could attempt to learn more from him.
31. Ben was just as amazing as John. Ben passion for this program really showed. They were a great team and flowed together very well.
32. Outstanding Instructors!
33. Ben was amazing, funny, and his higher level of grappling experience really showed by how fluid his techniques were
34. Easy to listen and engaging.
35. Ben complimented John very well. He was equally as competent and professional. Was extremely encouraging which aided in my motivation to continue.
36. Ben is also very dedicated and made sure people were doing the technique properly and made sure the techniques were corrected
37. Amazing!!
38. Again, I have nothing but positive comments on the assistant instructors.

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.