GST Level 1

63
Total Responses

63 Completed Responses

0 Partial Responses

7783
Survey Visits

Special Statistics

Average Ratings

Questions	Average Ratings	Out of
The jiu-jitsu techniques presented in GST were effectively adapted for use in law enforcement.	4.97	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.	4.97	5
GST proficiency will likely reduce the risk of injury to a suspect during use of force encounter.	4.87	5
Your level of satisfaction with the Gracie University teaching methodologies (SPF) that you learned during the course:	4.97	5
Likelihood that you will recommend the GST course to other officers:	5.00	5
Your overall satisfaction with the GST course as it was presented:	4.97	5
The instructor clearly stated the objectives of the course.	4.98	5
The stated objectives of the course were met.	4.98	5
The material was well organized and presented in a systematic manner.	4.97	5
The instructor presented the information at a level you could understand.	4.94	5
The instructor encouraged you to ask questions.	5.00	5
The answers to questions were satisfactory.	4.98	5
The instructor was an effective communicator.	5.00	5
This instructor should be chosen to present this topic again.	5.00	5
The assistant instructor(s) were valuable contributors to the course.	4.98	5

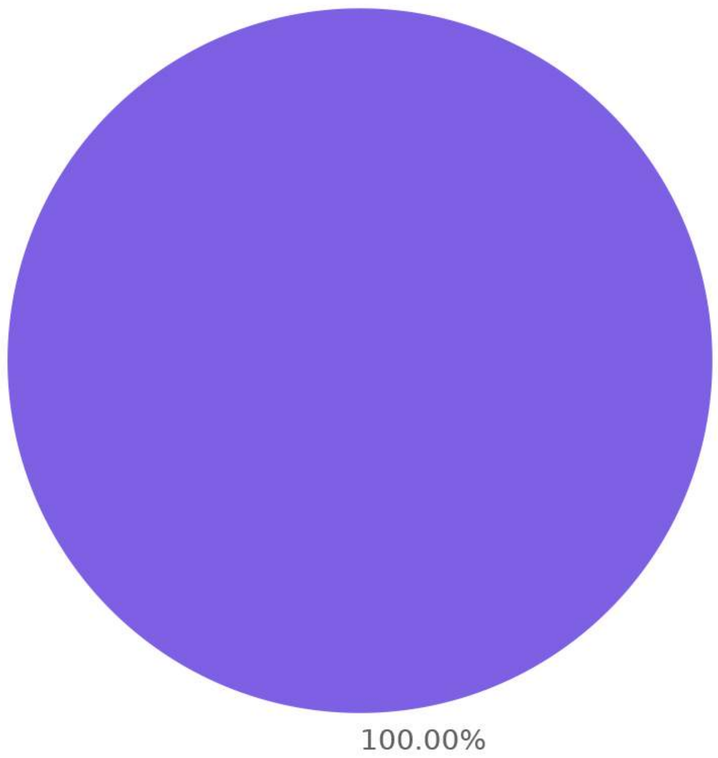
Overall average survey rating: 9.94/10

Course Information

Q1

Name of the GST Head Instructor for your course:

Answered: 63 Skipped: 0

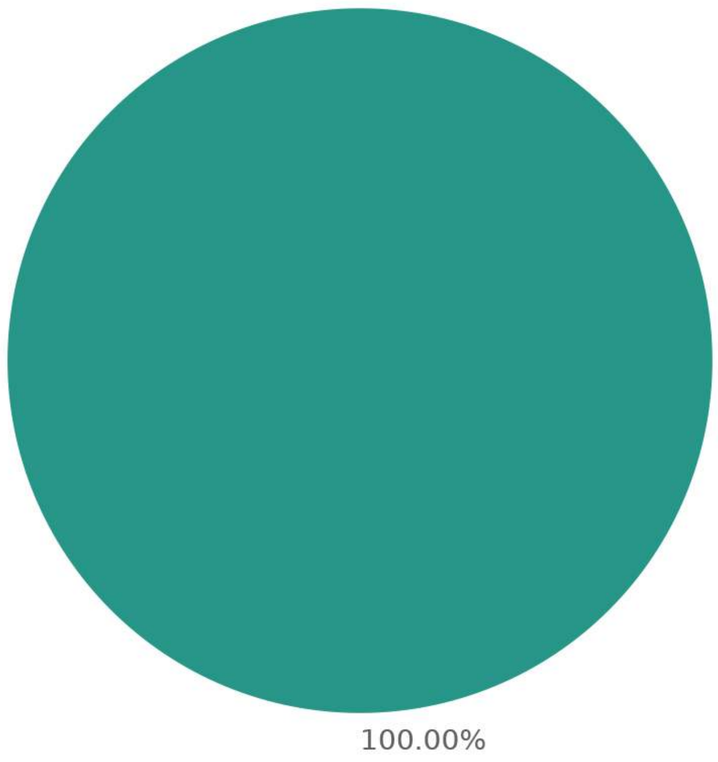


Choices	Response percent	Response count
Tom Chuckerel	0.00%	0
Allan Manganello	0.00%	0
Charlie Fernandez	0.00%	0
Evandro Nunes	0.00%	0
Ryron Gracie	0.00%	0
Rener Gracie	0.00%	0
Nate Brigmon	0.00%	0
Jeff Greekas	0.00%	0
John Ingallina	0.00%	0
Mark Miller	0.00%	0
Howard Steele	0.00%	0
Bernardo Figueiredo	100.00%	63
Other (Please Specify) No Responses	0.00%	0

Q2

Name of the primary GST Assistant Instructor for your course:

Answered: 63 Skipped: 0



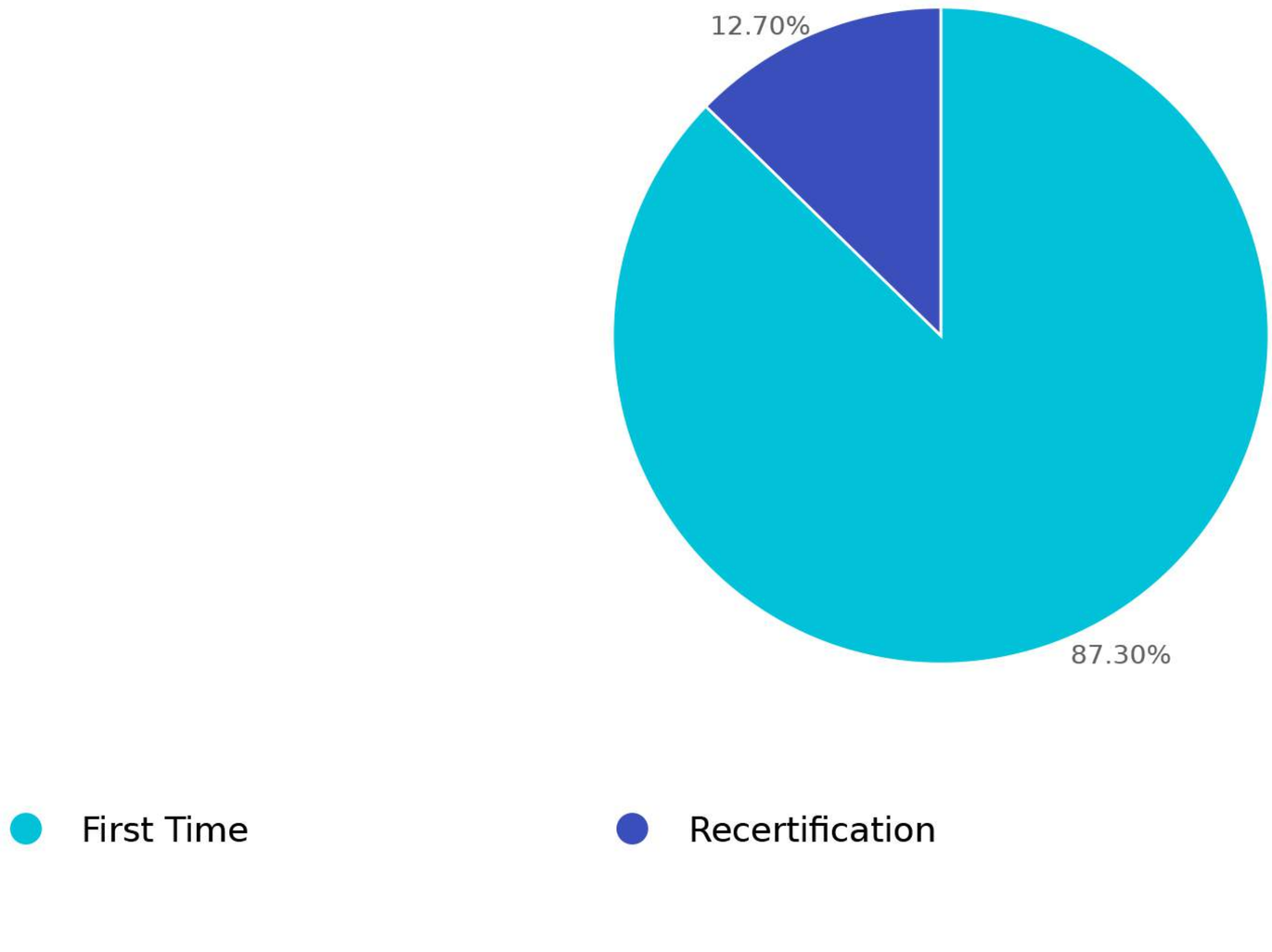
Charlie Fernandez	Guy Scuderi	Jeremiah Hackerott
Tom Chuckerel	Nate Brigmon	John Ingallina
Justin Wade	Neil Warren	Damon Gilbert
Howard Steele	Jeff Greekas	Allan Manganello
Cameron Price	Ben Zapata	Mark Ammerman
Mark Miller	Bernardo Figueiredo	David Lee
Felix Acosta	Craig Hanaumi	Ian Abbott
Chris Barsteceanu	Michael Chun	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	100.00%	63
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
Craig Hanaumi	0.00%	0
Ian Abbott	0.00%	0
Chris Barsteceanu	0.00%	0
Michael Chun	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: 63 Skipped: 0



Choices	Response percent	Response count
First Time	87.30%	55
Recertification	12.70%	8

GST Course Location

No Responses

Q4

City, State

Answered: 63 Skipped: 0

Field label	Response percent	Response count
City	100.00%	63 Responses
State	100.00%	63 Responses

City	State
Romeoville	IL
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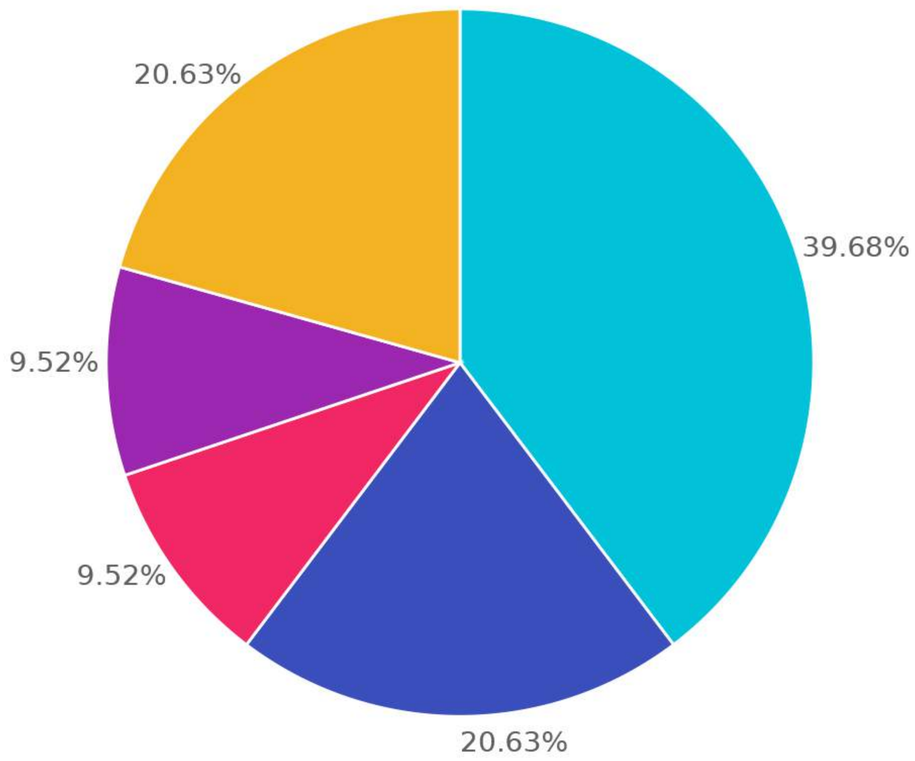
Romeoville	IL
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Romeoville	Illinois

Course Survey

Q5

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

Answered: 63 Skipped: 0

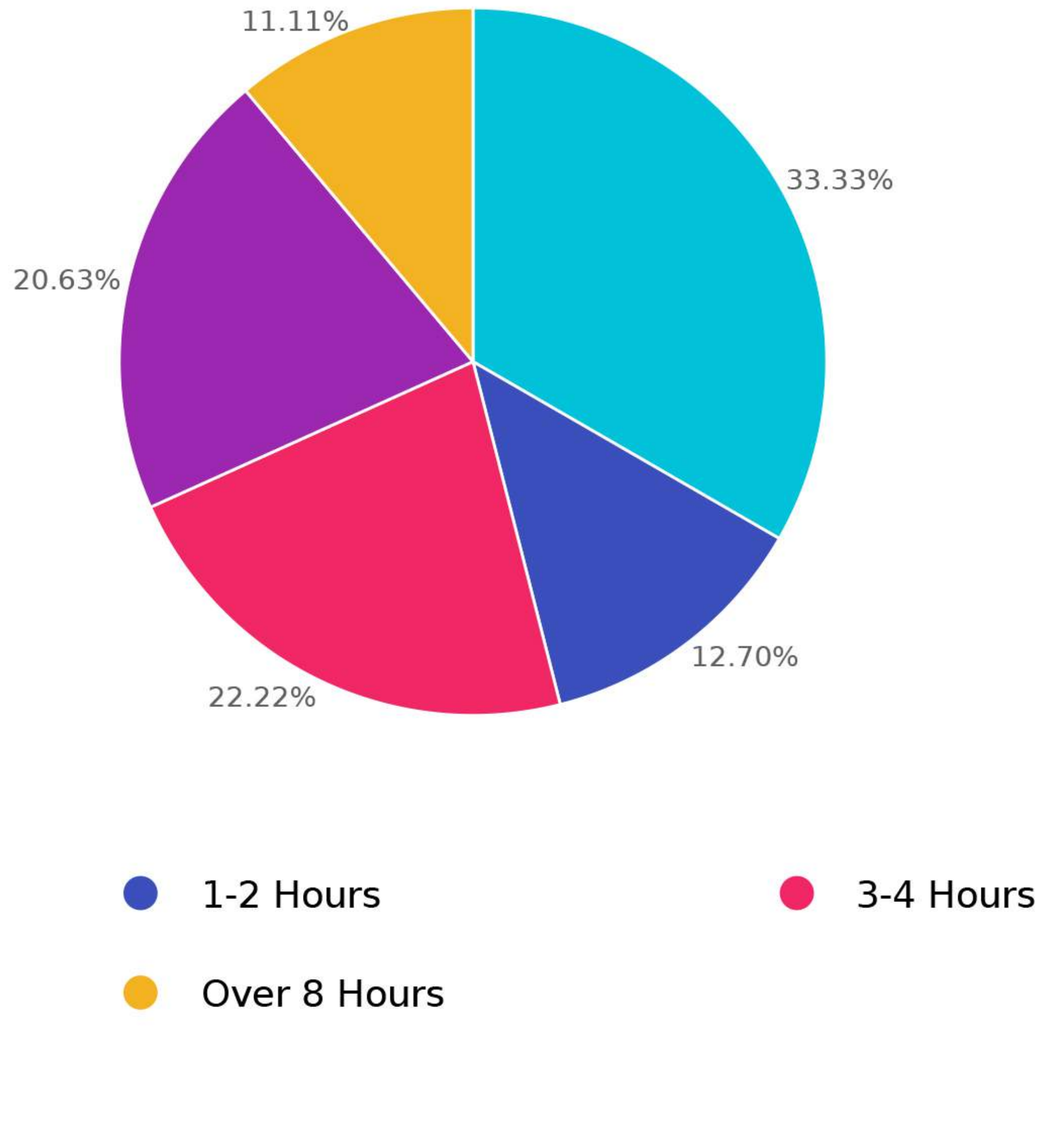


Choices	Response percent	Response count
None	39.68%	25
1 Year	20.63%	13
2 Years	9.52%	6
3 Years	9.52%	6
Over 3 Years	20.63%	13

Q6

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

Answered: 63 Skipped: 0

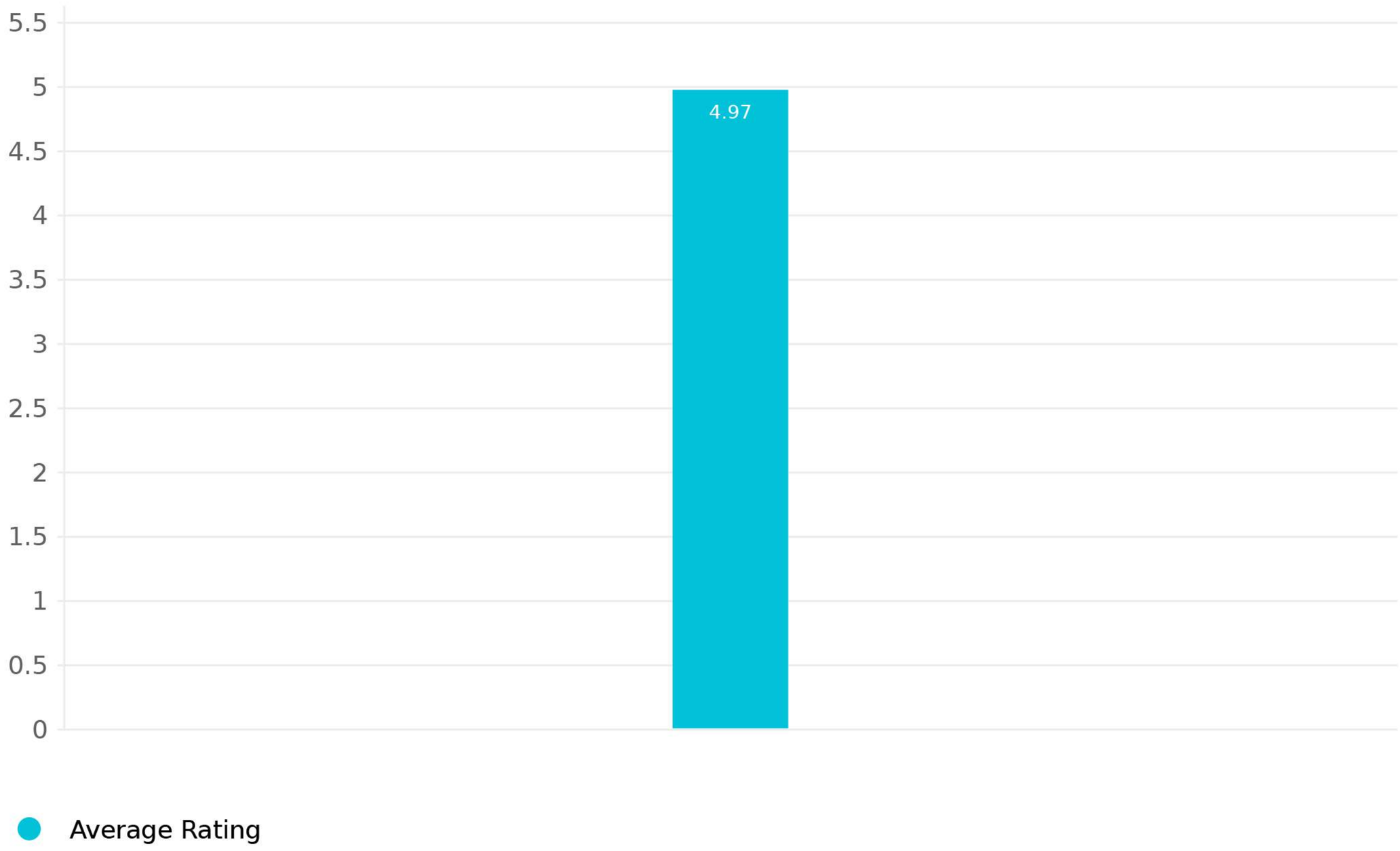


Choices	Response percent	Response count
None	33.33%	21
1-2 Hours	12.70%	8
3-4 Hours	22.22%	14
5-8 Hours	20.63%	13
Over 8 Hours	11.11%	7

Q7

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

Answered: 63 Skipped: 0



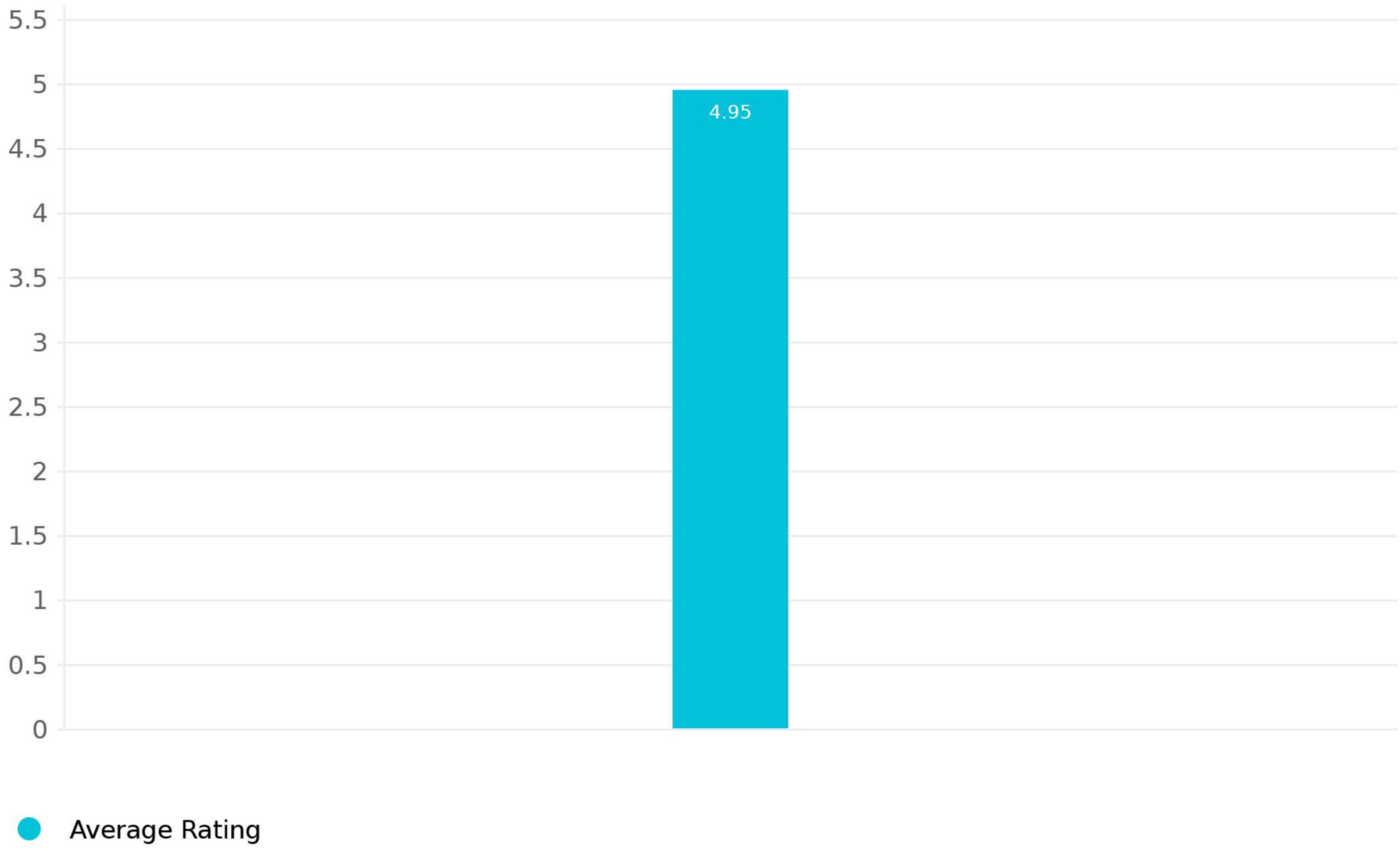
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	3.17%	2
5 (Strongly Agree)	96.83%	61

Average rating: 4.97

Q8

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

Answered: 63 Skipped: 0



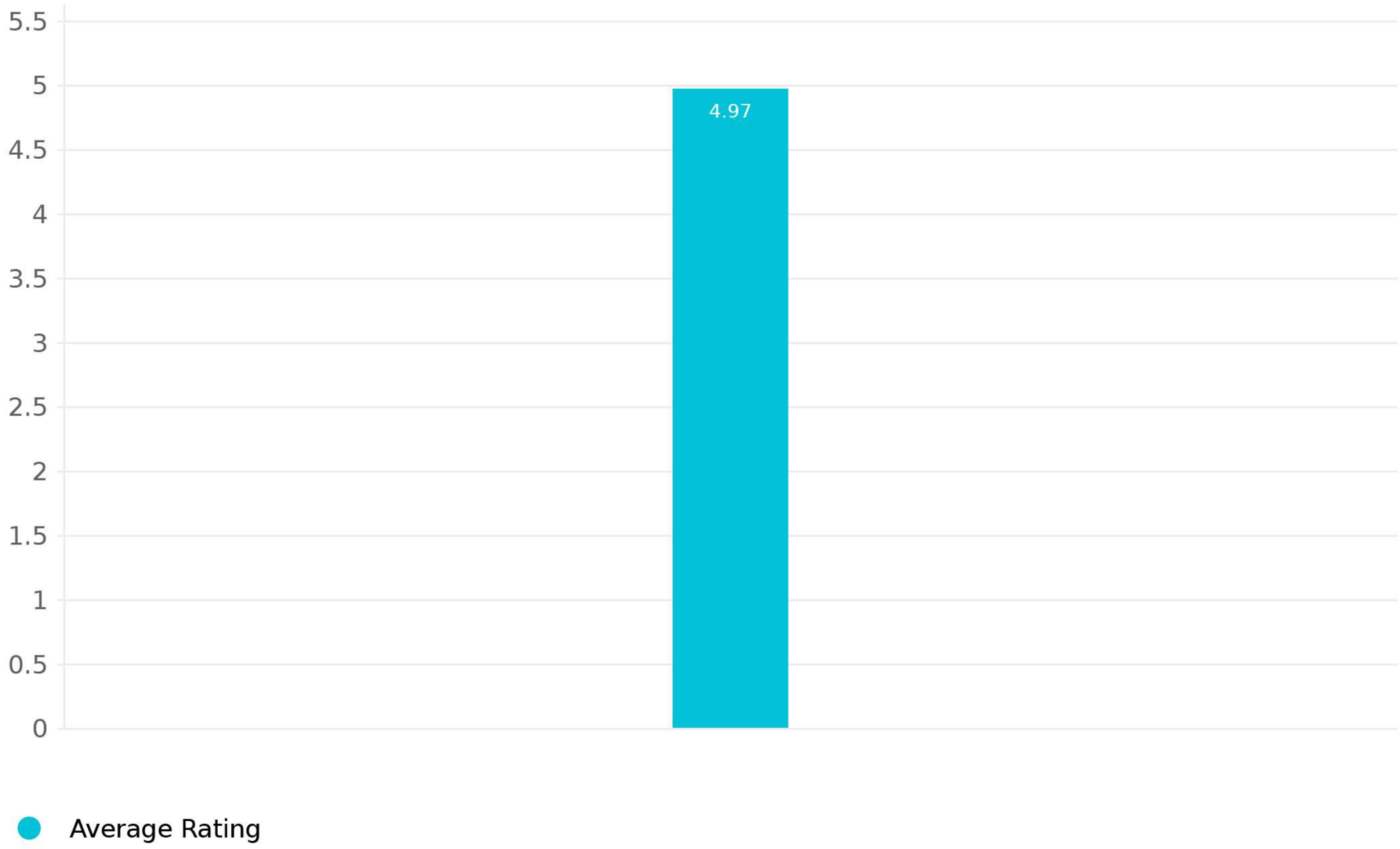
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	4.76%	3
5 (Strongly Agree)	95.24%	60

Average rating: 4.95

Q9

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

Answered: 63 Skipped: 0



Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	3.17%	2
5 (Strongly Agree)	96.83%	61

Average rating: 4.97

Q10

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

Answered: 63 Skipped: 0



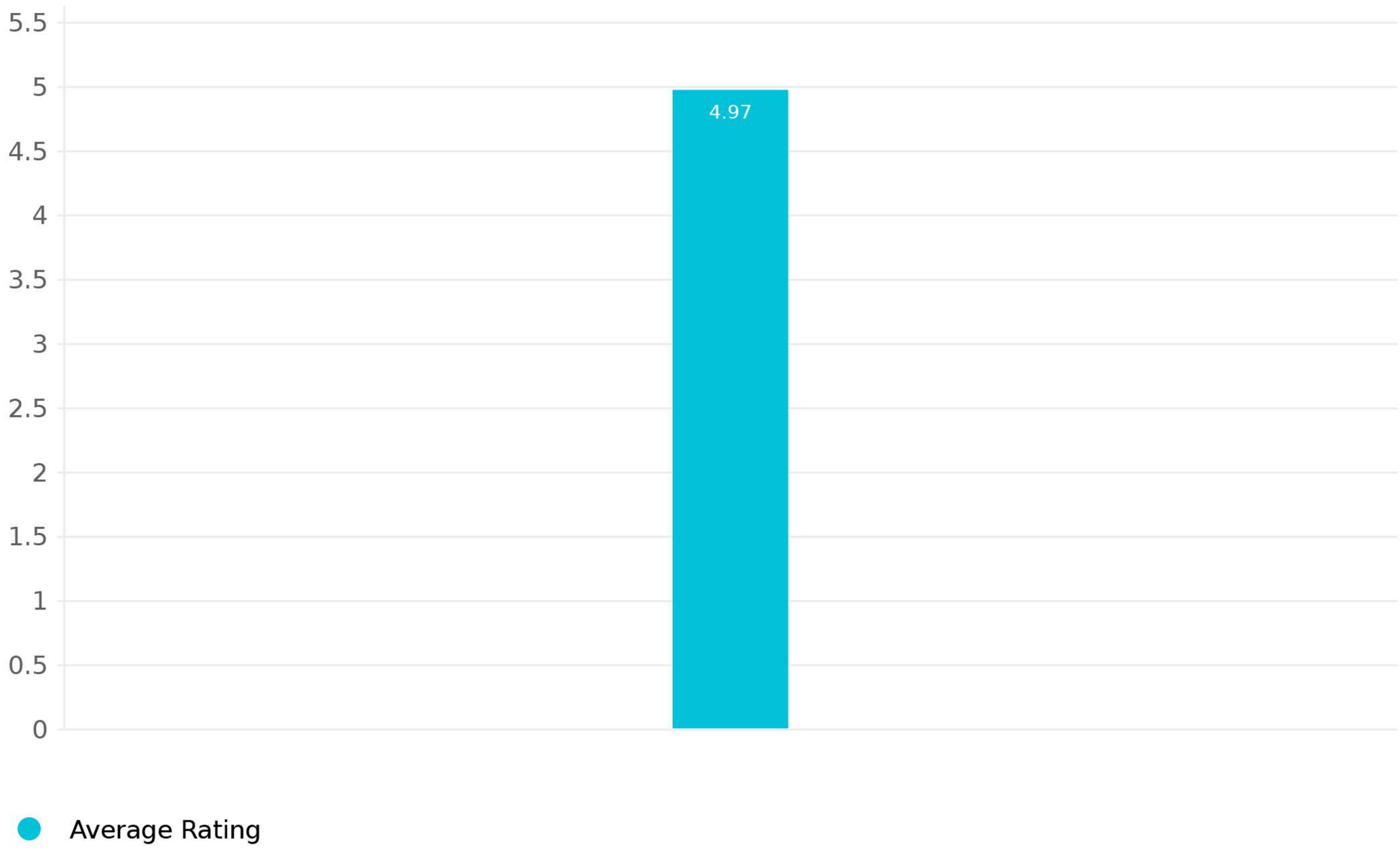
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	3.17%	2
4	6.35%	4
5 (Strongly Agree)	90.48%	57

Average rating: 4.87

Q11

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

Answered: 63 Skipped: 0



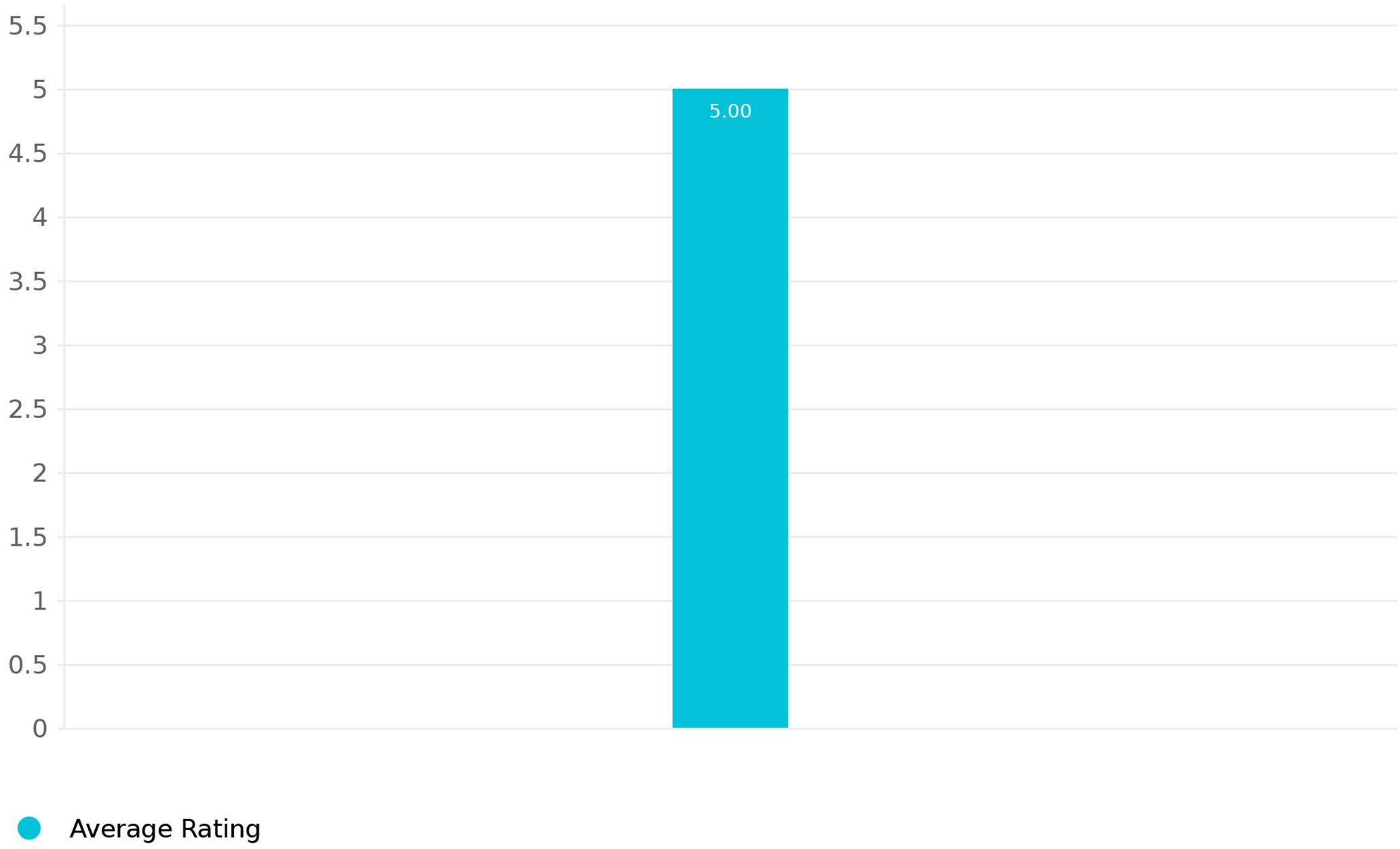
Rating	Response percent	Response count
1 (Dissatisfied)	0.00%	0
2	0.00%	0
3	0.00%	0
4	3.17%	2
5 (Extremely Satisfied)	96.83%	61

Average rating: 4.97

Q12

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

Answered: 63 Skipped: 0



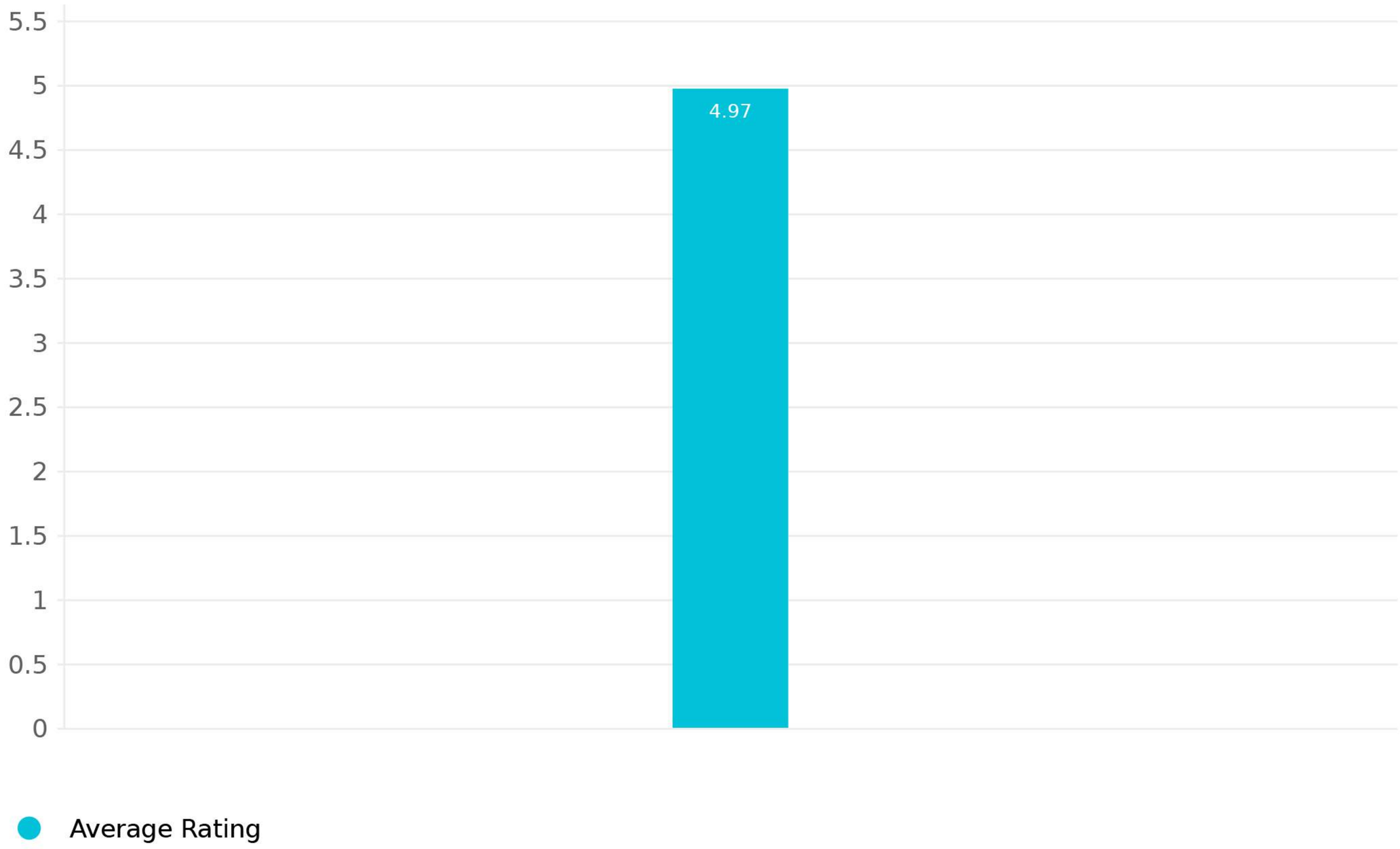
Rating	Response percent	Response count
1 (Very Unlikely)	0.00%	0
2	0.00%	0
3	0.00%	0
4	0.00%	0
5 (Very Likely)	100.00%	63

Average rating: 5.00

Q13

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

Answered: 63 Skipped: 0



Rating	Response percent	Response count
1 (Waste of Time)	0.00%	0
2	0.00%	0
3	0.00%	0
4	3.17%	2
5 (Best Course Ever)	96.83%	61

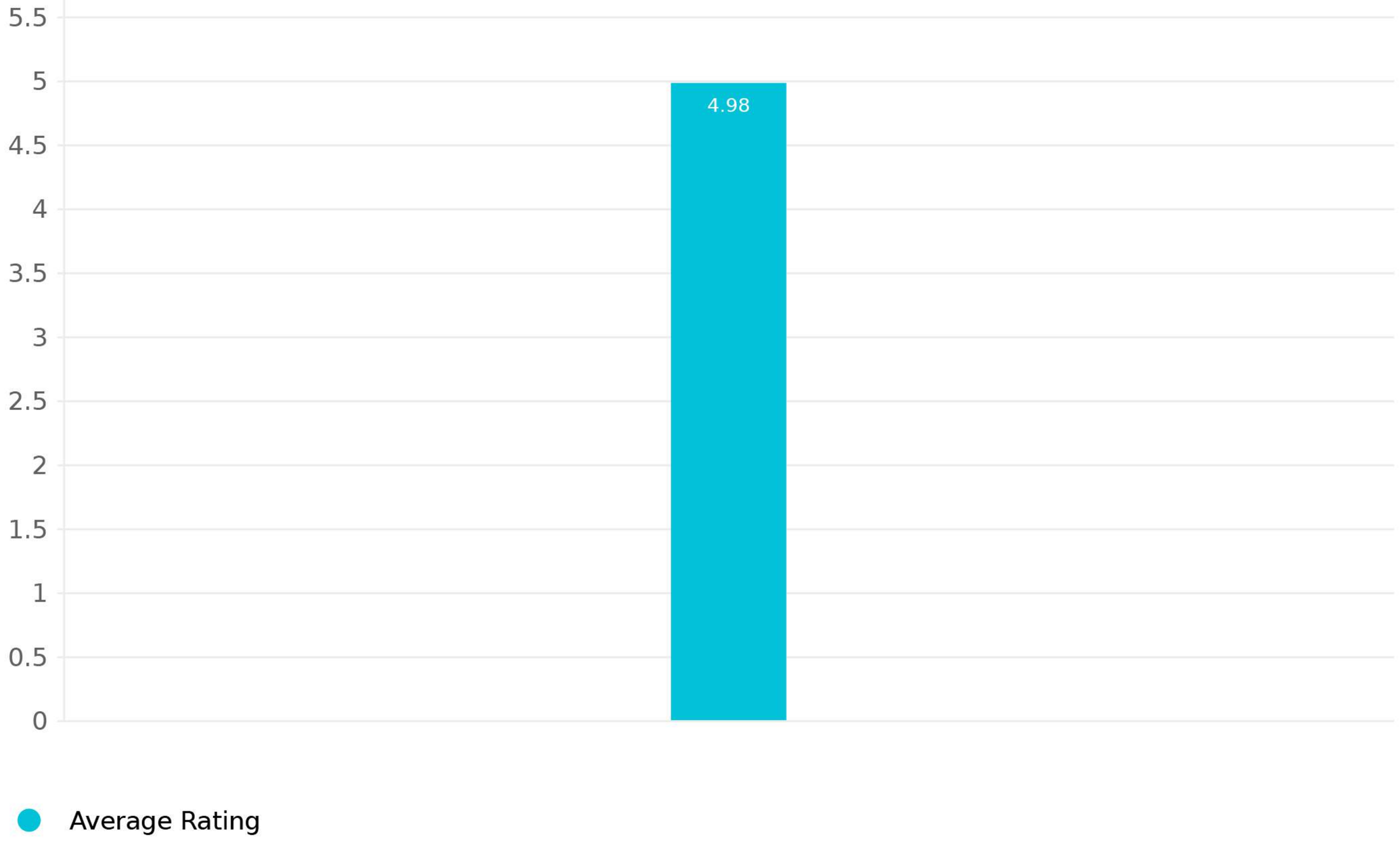
Average rating: 4.97

Instructor Survey

Q14

The instructor clearly stated the objectives of the course.

Answered: 63 Skipped: 0



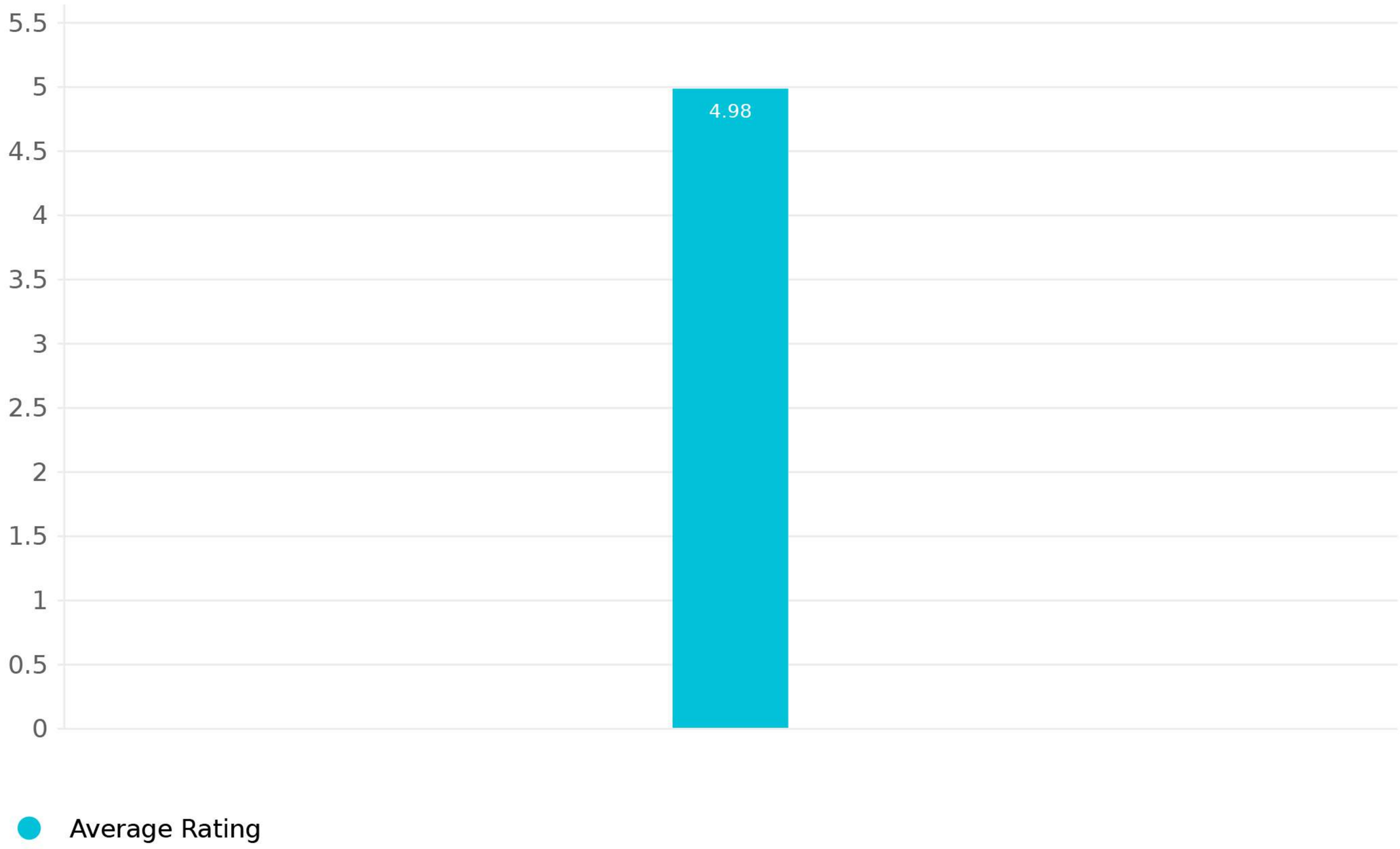
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.59%	1
5 (Strongly Agree)	98.41%	62

Average rating: 4.98

Q15

The stated objectives of the course were met.

Answered: 63 Skipped: 0



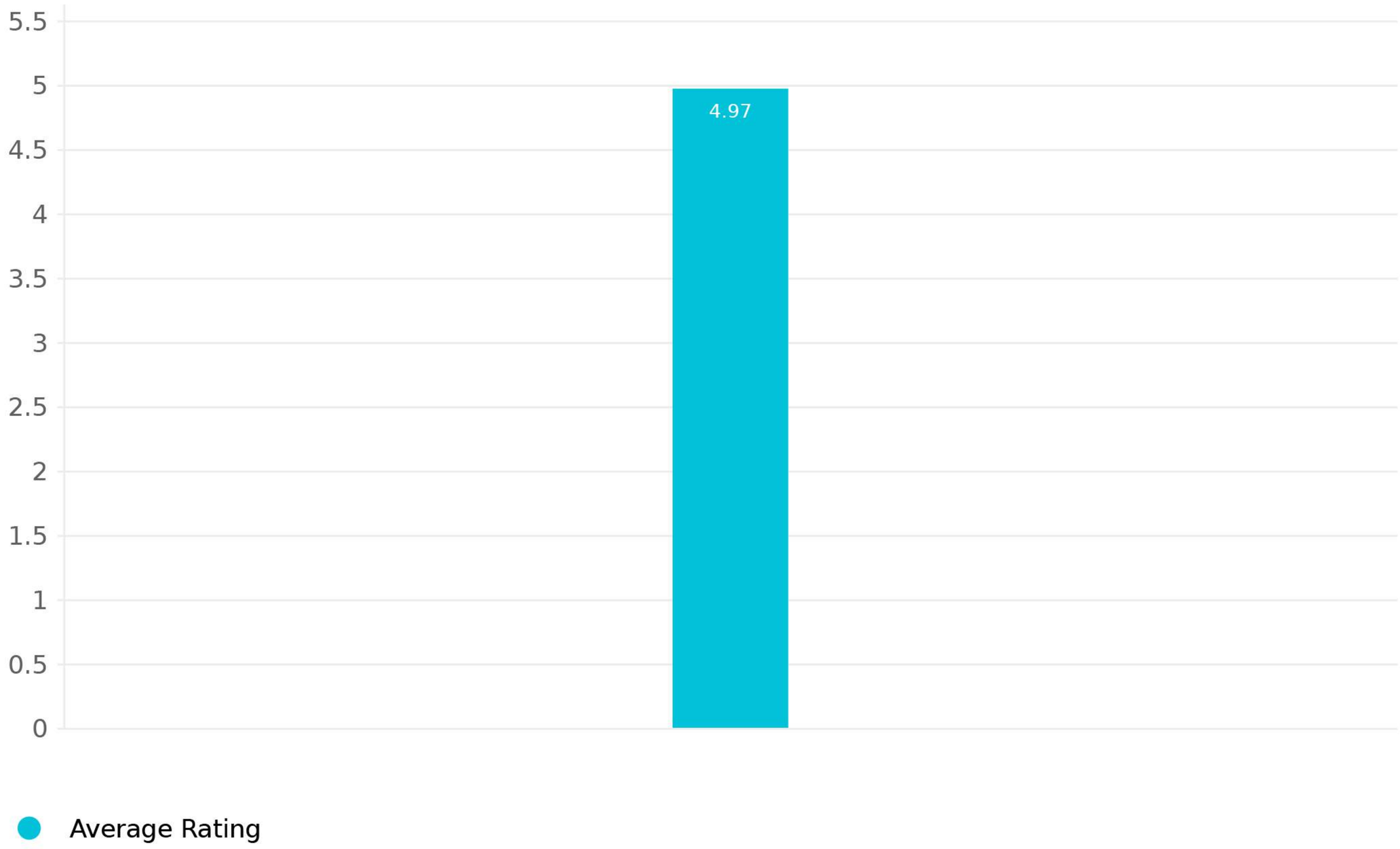
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.59%	1
5 (Strongly Agree)	98.41%	62

Average rating: 4.98

Q16

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

Answered: 63 Skipped: 0



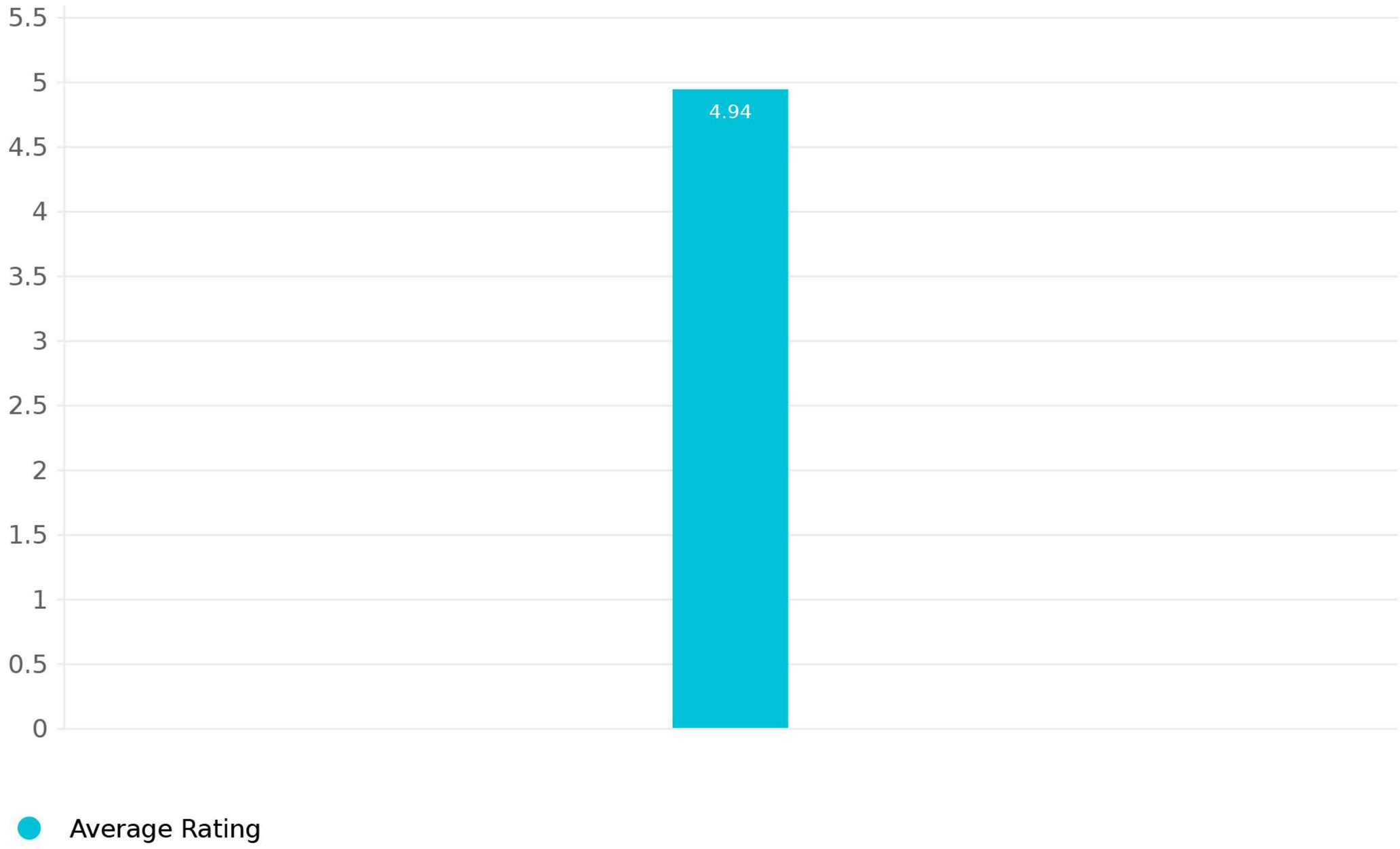
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	3.17%	2
5 (Strongly Agree)	96.83%	61

Average rating: 4.97

Q17

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

Answered: 63 Skipped: 0



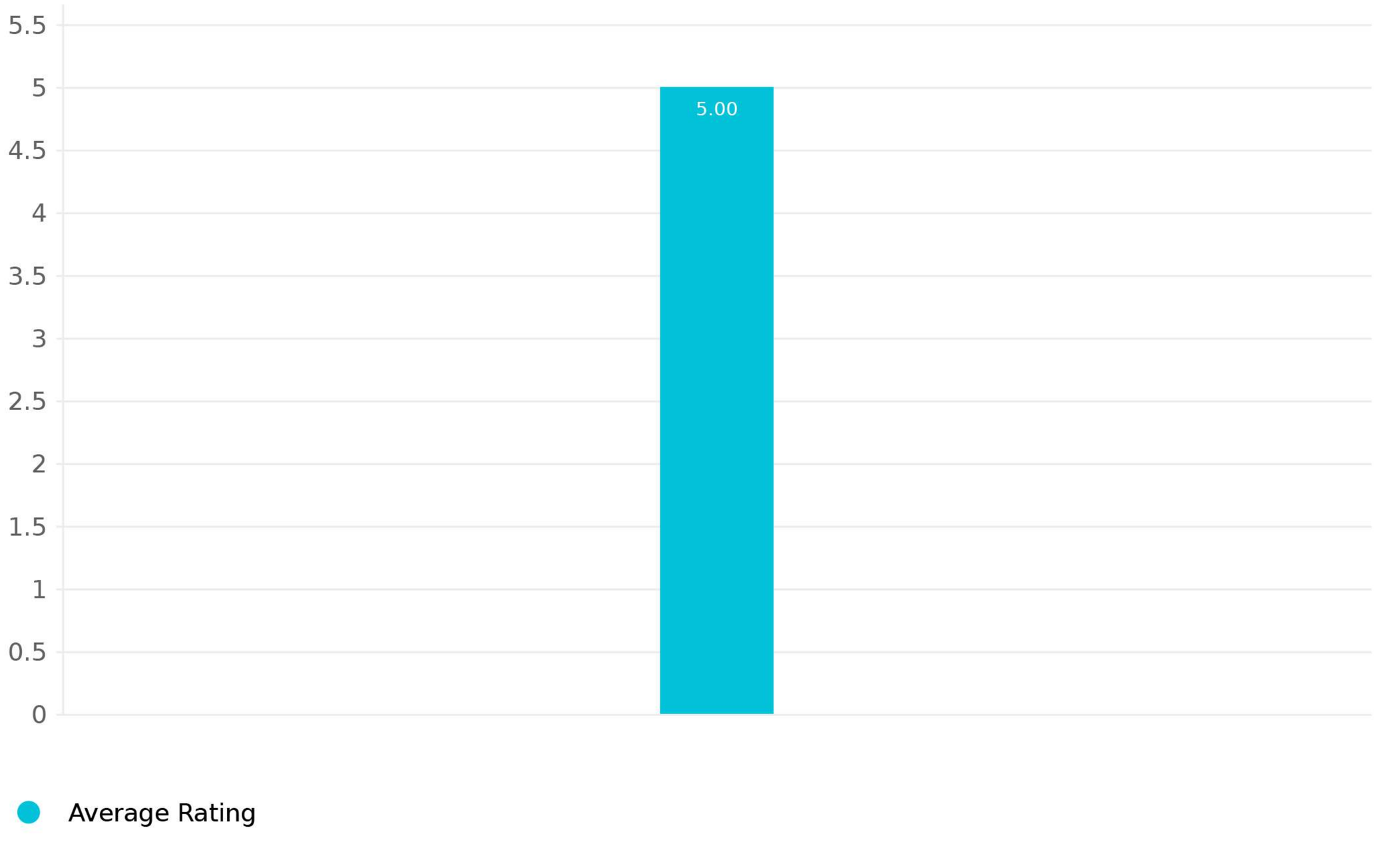
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	6.35%	4
5 (Strongly Agree)	93.65%	59

Average rating: 4.94

Q18

The instructor encouraged you to ask questions.

Answered: 63 Skipped: 0



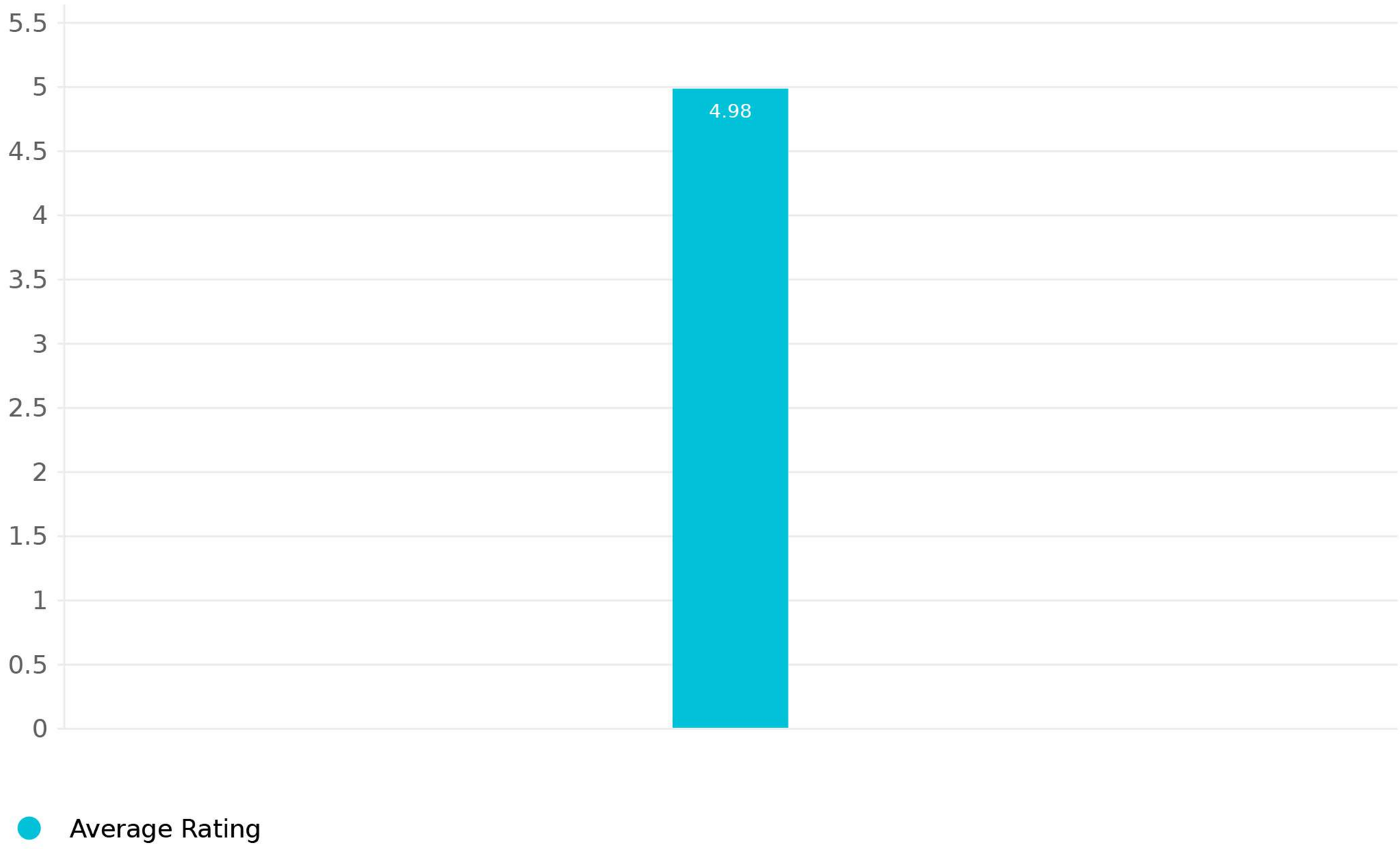
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	0.00%	0
5 (Strongly Agree)	100.00%	63

Average rating: 5.00

Q19

The answers to questions were satisfactory.

Answered: 63 Skipped: 0



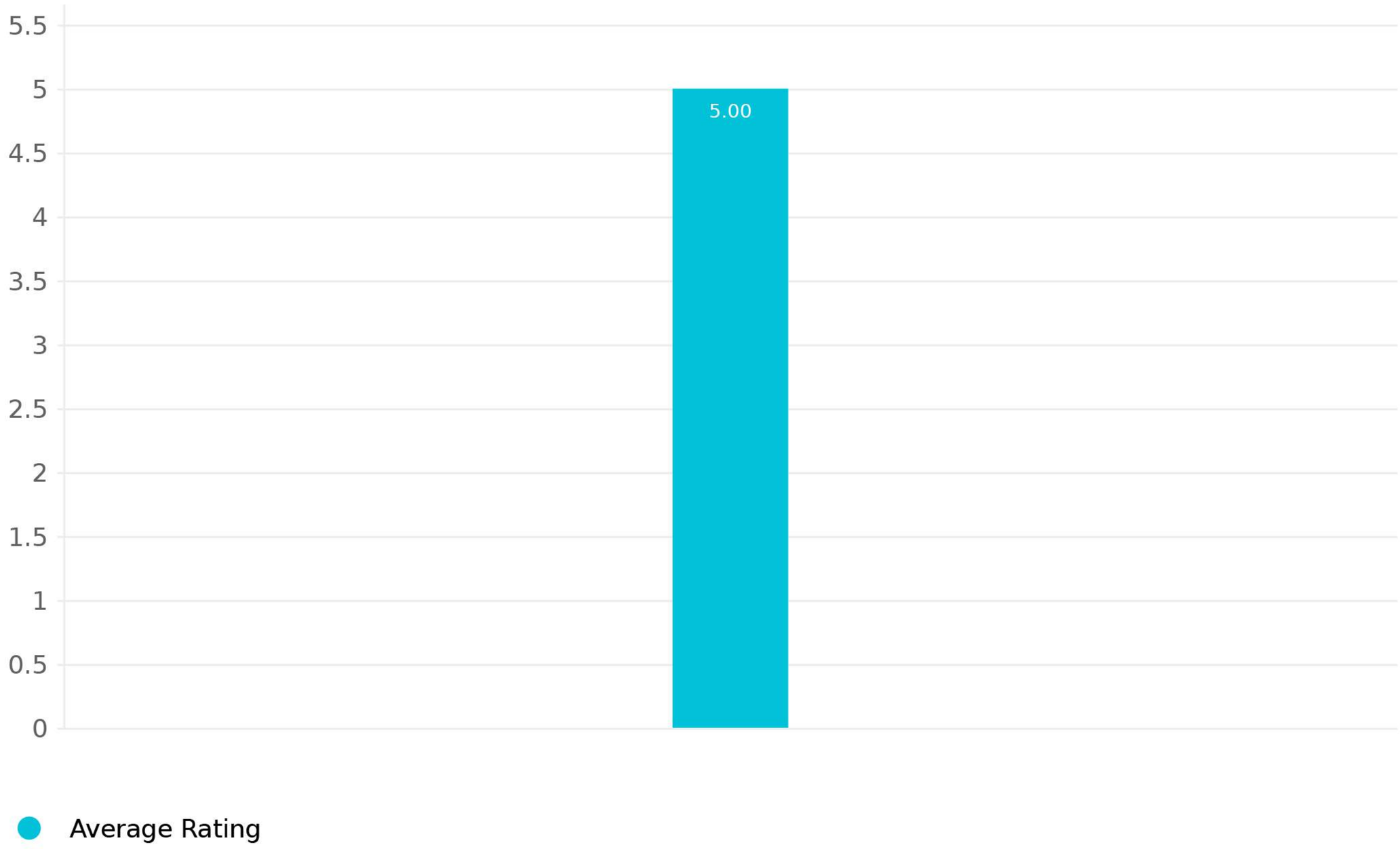
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.59%	1
5 (Strongly Agree)	98.41%	62

Average rating: 4.98

Q20

The instructor was an effective communicator.

Answered: 63 Skipped: 0



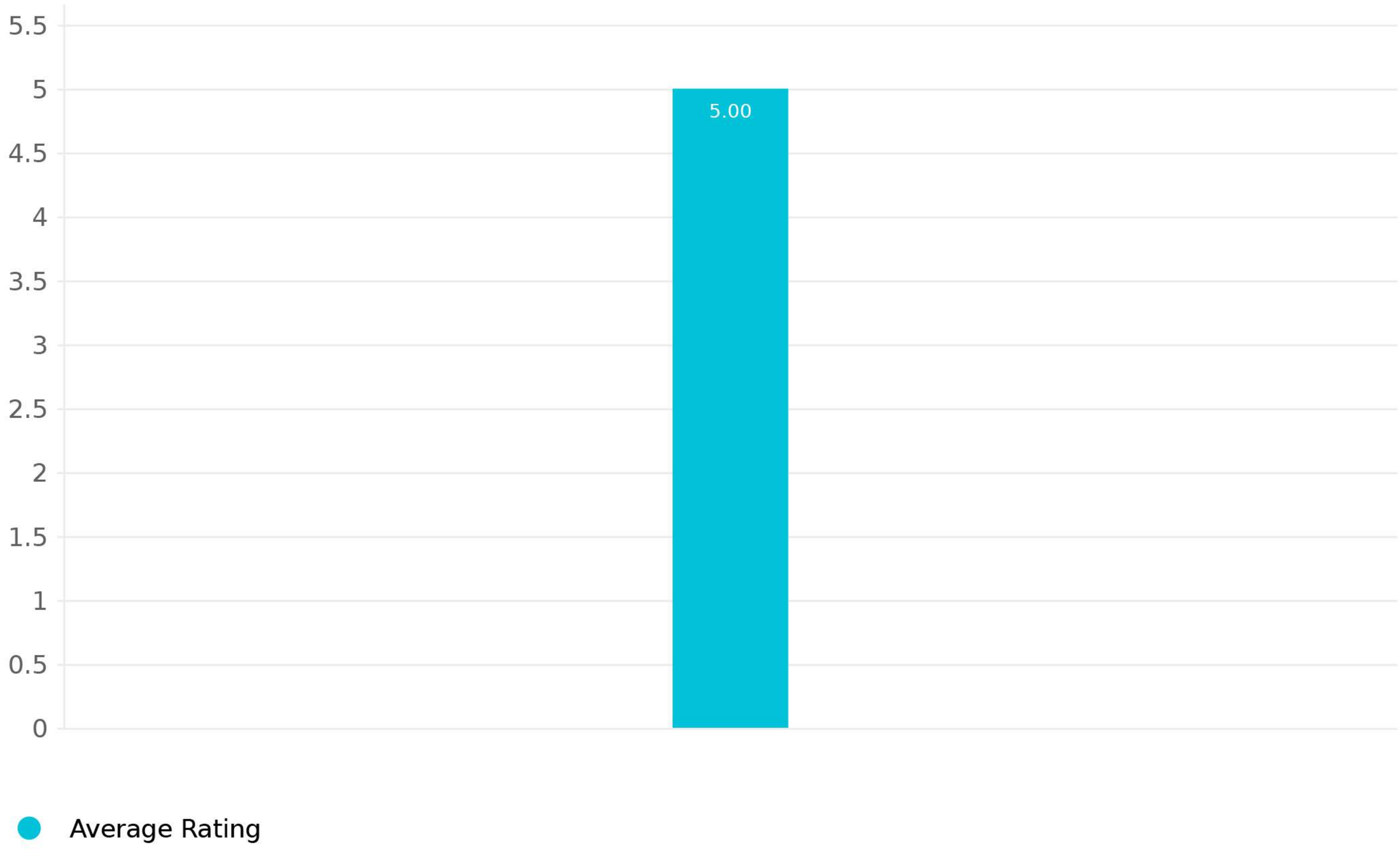
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	0.00%	0
5 (Strongly Agree)	100.00%	63

Average rating: 5.00

Q21

This instructor should be chosen to present this topic again.

Answered: 63 Skipped: 0



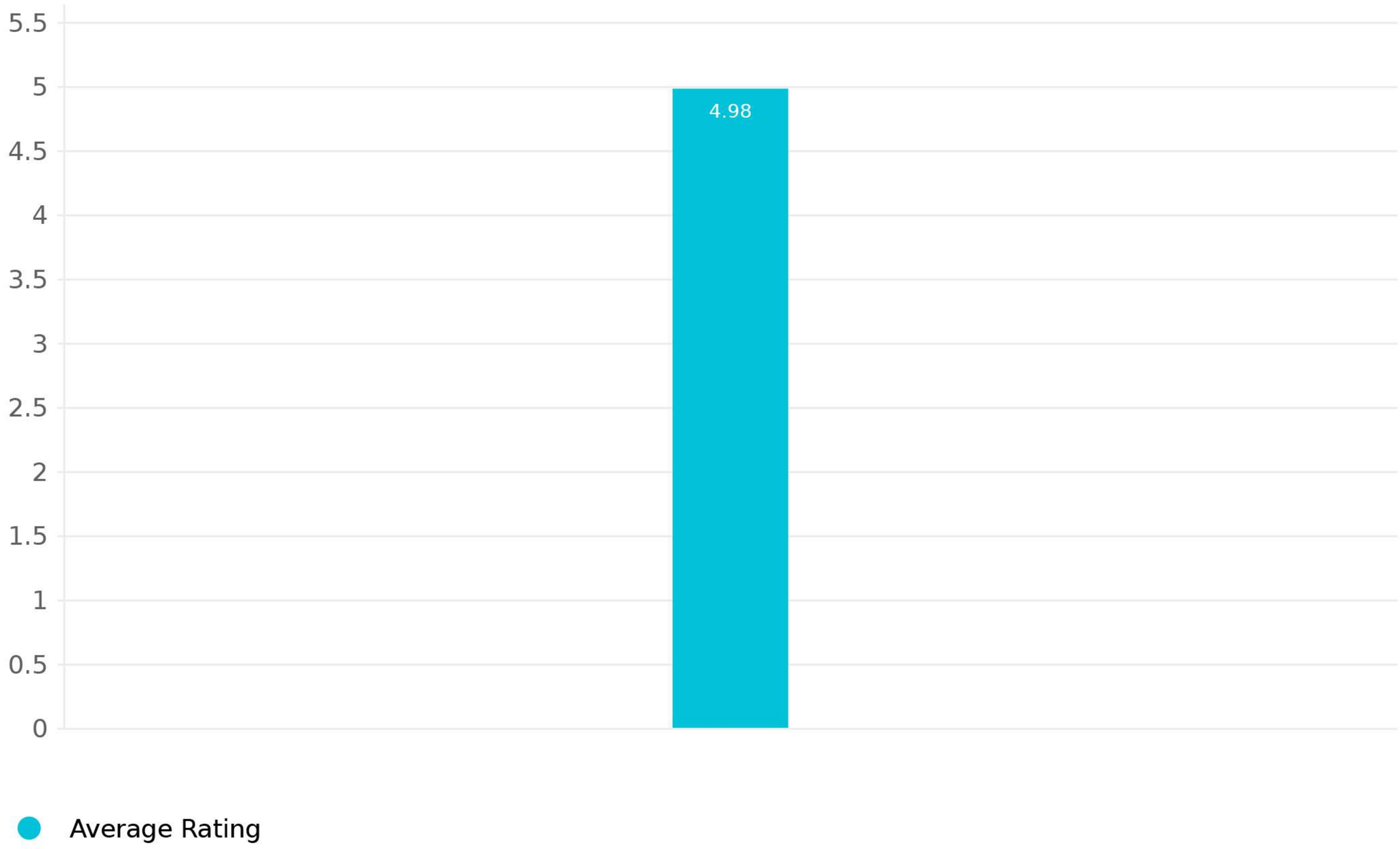
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	0.00%	0
5 (Strongly Agree)	100.00%	63

Average rating: 5.00

Q22

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

Answered: 63 Skipped: 0



Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.59%	1
5 (Strongly Agree)	98.41%	62

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: 55 Skipped: 8

1. Fantastic curriculum and the instructors were amazing. Very engaging and made the material not only relevant but fun to learn.
2. As an officer that is new to jiu jitsu/ GST, I felt confident by the end of the course that I can and will be implementing training at my department as an instructor. The layout of the training helped me learn teaching methods that I did not realize I was learning at the time. The course was well structured and easy to follow.
3. The course was phenomenal and applicable to law enforcement. I can’t wait to take this back to my agency and implement this into our departmental training.
4. The techniques are effective and simple enough for any officer, no matter their size or physical fitness level, to implement in a real world environment. It’s low speed which creates a safe, fun, non-competitive environment which can differ from a civilian BJJ gym that emphasizes rolling.
5. Both Instructors were top level And great to work with. Ability to see different physical characteristics of each technique was a great assist.
6. No corrections to my knowledge. It was efficient for the LCD to learn.
7. Positives: pairing more experienced individuals with less experienced, presentation and style were great. As a less experienced person coming into the course- I would have liked a little more time to get additional reps in with partner, prior to combining multiple techniques.
8. Top tier DT course
9. I am blue belt and I learned and enjoyed all of the techniques. I knew all of the submissions but never knew how easy cuffing could be from this positions until now.
10. Very well organized class that accommodates for beginners and even out of shape individuals.
11. Very efficient use of time. Techniques were effective and supported the body’s natural movement tendencies. This will greatly improve Officer readiness in a violent confrontation and will hopefully encourage officers who do not train to train more.
12. Everything was great
13. Great course and very effective teaching methodologies.
14. The teaching methods were great the instructor was able to connect real life situations to the training
15. The teaching model which is taught to officers so they can go back and teach within their department will make it simple and easy for the officers do to so.
16. Everything spot on and course has also evolved since attending last time.
17. Really found the weapon retention techniques to be awesome
18. The curriculum was presented in a way that was understandable for the LCD. The teaching methodologies was golden. The SPF is a great way to help officers structure their training, which is a great tool.
19. This was my 4th time in GST Level 1. We finally had the opportunity to teach it last fall to our PD and the feedback was overwhelmingly positive.
20. Very useful and easy to understand.
21. The course was great. I’ve only had less than 10 BJJ lessons before coming here so this leveled up my knowledge of skills. I can use what I learned not only on the job but also implement techniques in recreational rolls. Double win for me.
22. This course will be a game changer! Everything was methodically presented. I feel that just about any person should feel an immense increase in their confidence when it comes to going hands on with any unruly person. Excellent course with extremely professional instructors! A must recommend to any and every law enforcement agency out there!
23. I really enjoyed the class.
24. Course was fantastic and very easy to understand. Any and all questions were answered clearly and completely.
25. Well organized course

26. The techniques are great and easy to learn. The teaching model is amazing. I have brainstormed different areas where I can also implement these strategies.
27. This way of teaching is amazing. I can’t wait to share the knowledge with my department, we will benefit greatly!
28. Good amount of time to practice skills
29. Really enjoyed the course, and thought the pace was good throughout the week.
30. I would have liked if there were fewer techniques to allow for more repetitions of each technique.
31. The whole class was awesome! I have about 1 year past experience but have not trained for a long time. The curriculum, techniques and teaching were really good refreshers for me. I also learned many new techniques and well as many new variations to the moves I knew.
32. This is a great course and learned a lot from it to take my BJJ to next level.
33. Wonderful course and instructors. I have been training BJJ for 4 years, 1-2x per week with the goal of making myself a more effective and safer officer. This course not only adapts BJJ to police specific needs, but has made me a better BJJ practitioner. On top of that, it is clearly presented in a format that officers brand new to BJJ will be more effective and hopefully catch the bug and continue training on their own. Keep up the amazing work that you are doing for law enforcement.
34. Very informative course. Everything taught is something that can be applied at my department.
35. Course is really well broken down and does not feel rushed. Enough time each day to get the techniques down before moving on to the next one.
36. Great program! Highly recommend every police officer in the country attend if given the opportunity. Teaches real-life techniques to assist in survival situations.
37. The systematic implementation of the teaching strategies were very helpful. I learned a lot in 5 days.
38. The pace of instruction was absolutely perfect.
39. The techniques were well suited to any officer at any level of physical fitness or training background.
40. There were a lot of techniques learned over the course of the week which was great. More time/repetitions would have been good for me, but it did give me a knowledge base that I did not have previously with the different techniques.
41. I was very satisfied with the GST overall. Being fairly new to jiu jitsu, I learned more than I expected and retained the information very easily due to the instructors.
42. No complaints. Awesome class.
43. Blind folds were exceptional in proving validity and reinforcing techniques.
44. As someone who has never done jujitsu before, I was nervous to attend. Bernardo and Jeff were awesome instructors and got into the techniques right off the bat and from there the flow and pace were great. All questions were answered in depth and the numerous demos were very helpful.
45. The curriculum and the techniques showed, were presented in a clear and professional manner.
46. More instructors to help out those who have never done jiujitsu. Other than that, great course.
47. The teaching methodology is very effective. I like that it can be understood and applied to the LCD person/officer. The teaching atmosphere during the week was very accepting and understanding of various skill levels.
48. Excellent all around. I will be able to bring this home to my department and can now officially assist the other GST trained instructor that we have already began implementing. The techniques will be easy to deliver to our young officers and I believe this will transition well to our older crowd.
49. Well build curriculum. Really liked how almost everything connected togerher. The teaching formula SPF will be useful. Something to add? Few more take downs.
50. Nothing negative to say. My second time recertifying and the course keeps getting better.

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: 57 Skipped: 6

1. Bernardo was amazing. He really taught the information well and you could tell he was not only passionate about the material being taught also passionate about making applicable to officers and keeping people safe.
2. Bernardo is a phenomenal GST instructor for new and skilled jiu jitsu officers. He is engaging and explains each technique thoroughly.
3. He was perrrrrrrrfect
4. Funny, informative, and high energy. I learned a lot and had a great time.
5. The head instructor was able to teach in a way that was engaging and valuable. He learned everyone’s names within the first day which was maybe the most impressive thing.
6. Bernardo was extremely professional, clear, concise, brought positive energy and respect to the class. Would recommend him to anyone. As a new jiu jitsu student, I felt comfortable and ability to learn the techniques from a professional was amazing.
7. Bernardo was fantastic. He kept everyone’s attention, we never got bored or drifted. His technique and explanation was amazing. He actually pointed out minor things I do wrong regularly when practicing my jiu jitsu (bad habits I’ve picked up we’re corrected).
8. Great instruction, knowledgeable!
9. Nothing negative to say
10. Bernardo was great the entire week. He had great energy and kept the class attention. He was able to explain and teach to all levels experience from none to blackbelts who were in the room.
11. Great instructor and kept the class very engaged.
12. Bernardo was excellent. Spoke very clearly, was very professional and had an excellent delivery method. He had his laughing a lot but the joke and expressions were extremely professional… and funny.
13. Bernardo is a great instructor. I’m a bjj blue belt under professor Christian uflacker, and the both him and Bernardo share many great qualities. They have a way of looking at a room of 60 people and making it feel like it’s a private 1 on 1 lesson. You can tell they care. Jeff was very informative as well.
14. Passionate and very good instructor. Had answers to questions and kept class engaged for the entire week.
15. The head instructor was phenomenal. The instructor included jokes to make the course fun and easy to teach others on multiple levels.
16. Great energy , positive , very knowledgeable- overall great instructors everything well broken down and demonstrated
17. Awesome, always kept everyone engaged while giving instructions and which students where going over moves after instructions.
18. Not going to lie i was bummed that Evandro wasn’t here this week but Bernardo came in and filled his shoes very nicely. You guys truly have a great team.
19. Good combination of knowledge and humor when delivering subject matter
20. Bernardo was very engaging and kept my interest. He made the instruction light and fun. He was always willing to help when questions came up.
21. Bernardo was phenomenal. His knowledge he brought to the table was unmatched. His ability to relate information regarding the job mixed with BJJ was awesome. Definitely will be coming to GST Level 2 due to the validation that was provided this week.
22. He was awesome, highly recommended
23. Very knowledgeable, friendly, and helpful.
24. Bernardo was good he really knows his stuff. I can tell he has plenty of experience in his craft.
25. The instructions were professional, numerous, courteous, gracious, encouraging, and the list goes on and on! I’m sure there are great instructors out there, but I wouldn’t have asked for anyone else. It’s like I’ve known them for years!
26. Bernardo was an excellent instructor.
27. Bernardo and Jeff were a great team. Bernardo frequently asked Jeff if he had anything to add. Both were easily approachable and humble.
28. Excellent Instructor!!!!!
29. Bernardo is a great instructor. He’s knowledgeable and eager to help. He connected to all levels of experience and left no one out.
30. Bernardo was an amazing instructor, super knowledgeable and funny. Can’t wait to do another certification with him!
31. Bernardo brought amazing energy which helped the tension of the room dissipate immediately
32. Gave enough time to practice skills. Classes felt smooth and everything went together very well
33. Bernardo did a great job explaining the techniques and modeling the teaching methodologies. Very positive attitude.

34. Bernardo was excellent. Very friendly, welcoming, patient and knowledgeable. However, it would be beneficial to slow down slightly when explaining and demoing the techniques.
35. Easily the best instructor I have had in any law enforcement course throughout my career. He was very engaging, he was funny, respectful, unbelievably understanding and extremely helpful when participants were stuck or confused. The list goes on… Overall, really really great instructor.
36. Funny and energetic
37. Bernardo did a wonderful job in his instruction. His skills as a coach are top notch. He is friendly, calm, approachable, articulate on his instruction and makes the class as fun as it is informative. I'd gladly attend future courses taught by Bernardo.
38. Bernardo was very easy to learn from. He went above and beyond to make sure everyone understood and was able to execute the techniques.
39. Great energy and makes you want to get better and learn everyday.
40. Bernardo was great!! Would attend future classes taught by him. He brings great energy and knowledge of the techniques.
41. Bernardo was enthusiastic, clearly knowledgeable, and personable. He made the class fun and effective.
42. Great attitude. Always smiling. Seems to like and appreciate what he is teaching
43. Bernardo was an outstanding Instructor
44. He was great. Very good presence, use of humor, personable, and "didn't make things weird" :). Super professional as well.
45. Bernardo does an amazing job. Well spoken and can teach to students at any level of experience. Very professional and down to earth approach.
46. Head instructor was very energized and enthusiastic and was helpful. Provided positive feedback and was a good instructor.
47. Bernardo was well versed in the application of the GST techniques and made sure all students participating were safe.
48. Great teachers, very engaging.
49. Very professional presentations and highly knowledgable. Bernardo encouraged everyone and made everyone feel included regardless of precious experience.
50. The head inspector was professional throughout the entirely of the course and proved to be knowledgeable.
51. Bernardo did a great job. They explained everything that a 5-year-old could understand. Great instruction.
52. Bernardo was very enthusiastic throughout the week and showed a genuine interest in teaching the content of the class.
53. Bernardo was enthusiastic about the course, curriculum and teaching methodologies that were presented this week. Bernardo's hands on experience is apparent as seen throughout the week. The delivery that was presented on how to bring this home keeps the student involved.
54. They were both helpful and patient while teaching the material. Their understanding and knowledgeable of the material was evident. They made everyone feel welcome and apart of the jiu jitsu family!
55. Professional and really good teacher. Keeps audience connected well.
56. Great instructor, very experienced and knowledgeable.

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: 57 Skipped: 6

1. Jeff was fantastic. He worked with us extra and went the extra mile to make sure we understood the material. Jeff was also passionate about the material and keeping officers safe.
2. Jeff was able to add on to Bernardo’s teaching methods and show other techniques to use and safety in technique on training.
3. He was also perrrrrrfect
4. Added valuable points every time he spoke. Provided great feedback while walking around the mat.
5. The assistant instructor was able to fill any gaps or answer questions in different way that felt very valuable.
6. Jeff provided a large assist to the class and provided great instruction to the class. Loved his ability to show techniques in a professional matter.
7. Nothing to correct. Jeff was phenomenal as well.
8. Great instruction, knowledgeable!
9. Nothing negative to say
10. Jeff was great at adding additional feedback. Bernardo being so large it was nice to see Jeff complete the reps and give advice from his point of view being in also short.
11. Very knowledgable and gave extra insights on techniques.
12. Jeff was great. He balanced Bernardo well. He was down to earth, easy to talk to, and both instructors fed off of each other really well. They were a good team.
13. Jeff walked around the room and gave feedback. If you ever messed up a technique, he fixed it without making you feel less than. He’s a great instructor.
14. Very knowledgeable about GST. Did a great job explaining and breaking down the techniques.
15. The assistant instructor was great as well. Always walking around answering questions. Working one on one to understand the techniques
16. Same as above
17. Awesome as well. Would have extra input and would also bring great ideas outside of what the lead instructor would say.
18. Jeff is also great but Canadian.
19. Extremely professional and smooth demeanor when instructing
20. Jeff was very good at adding details to the techniques, especially when it relates to those of smaller stature. He was extremely helpful when asking questions.
21. Jeff was a great assistant. I didn’t even know who was lead at first. Jeff’s knowledge and technically was spot on. Jeff was the calm in the storm. When you’re learning something new it can be difficult. Jeff help ease students minds.
22. Jeff was awesome, really well spoken and knowledgeable
23. Very knowledgeable, friendly, and helpful.
24. Jeff really helped me personally when we drilled techniques. He gives good feedback and im not as tall as Bernardo so it helped when Jeff demonstrated techniques on me
25. The assistant instructor was the upmost compliment to the lead instructor. Both had amazing rapport with each other, and brought up great points to support each other. Jeff was exceptional, professional, spoke with both intensity and calmness. I couldn’t ask for better instructors for this course!
26. Jeff was an excellent instructor.
27. Bernardo and Jeff we’re a great team. Jeff stepped in to provide extra clarification or helpful information. Both were easily approachable and humble.
28. Excellent Assistant!!!
29. The same comments about Bernardo translate to Jeff. I wish both of them taught near my residence so I could study under them. They make a great team.
30. Scott was very knowledgeable and had good insight to techniques.
31. There was always great input from the assistants that helped me digest the information and brought valid points that weren't initially talked about.
32. Walked around to help with any questions
33. Jeff did an awesome job as well. I liked that he added in variations for people of varying stature and ability.
34. Jeff was excellent. Very friendly, welcoming, patient and knowledgeable.
35. Also an awesome instructor. He was very patient, very helpful, and made sure everyone was comfortable with the techniques before moving on. Great instructor!!
36. Took time to help you understand the move

37. Jeff was equally engaging and informative. He had a wonderful ability to add extra tips for officers of different body proportions and considerations for safety of the training environment. He is also a very skilled coach and I’d be happy to train under him again in the future.
38. Jeff was very helpful. He was quick to get with students if there was an issue. I personally missed a few hours one class and Jeff stayed after with me to catch up. I never felt like I was being rushed and Jeff wasn't going anywhere until I understood the moves.
39. Very knowledgeable and puts in the extra effort/time in making sure the students are successful.
40. Jeff was great!! His shading was so impressive that complex maneuvers were made simple after the first try.
41. Jeff was a valuable asset to the class. He demonstrated great knowledge of the skills taught and offered an additional perspective.
42. The partnership between the two instructors was perfect. Great attitude and very helpful when I has to miss 2 hours. He walked me through what I missed 1 on 1
43. Jeff was a great assistant instructor
44. Jeff was a great support. They fed well off of each other. Between the two instructors there were no details missed. Having another set of eyes with Chris walking around was beneficial as well.
45. The assistant instructor added to the program by providing thoughts and technical know how to each different technique. He was also very helpful as well.
46. Jeff complimented Bernardo as an assistant and provided complimentary feedback to Bernardo’s teaching.
47. Did a great job keeping it moving slow and explaining alternatives
48. Jeff was awesome as well and was able to help out very quickly when someone was struggling or not grasping the concepts. Jeff stayed after class to help with any questions or technique practice.
49. All of the assistant inspectors showed to be as knowledgeable as the head inspector and were helpful throughout the entirety of the course.
50. Jeff did a great job. They explained everything that a 5-year-old could understand. Great instruction.
51. Jeff provided valuable additional information and training to supplement Bernardo's instruction. They worked well together.
52. Jeff was enthusiastic about the course, curriculum and teaching methodologies that were presented this week. Jeff’s hands on experience is apparent as seen throughout the week. The delivery that was presented on how to bring this home keeps the student involved. Yes, I did copy this from my above comments about Bernardo. I believe both did a fantastic job in keeping the students involved and entertained and all of us should walk away with a greater understanding about the benefits of Jiu-Jitsu and the GST methodology.
53. They were both helpful and patient while teaching the material. Their understanding and knowledgeable of the material was evident. They made everyone feel welcome and apart of the jiu jitsu family!
54. Also true professional and a great teacher.
55. Great instructor, very experienced and knowledgeable.