GST Level 1

58
Total Responses

47 Completed Responses

11 Partial Responses

7880
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.	4.98	5
GST proficiency will likely reduce an officer's risk of injury during a use of force encounter.	4.95	5
GST proficiency will likely reduce the risk of injury to a suspect during use of force encounter.	4.95	5
Your level of satisfaction with the Gracie University teaching methodologies (SPF) that you learned during the course:	4.98	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:	4.91	5
The instructor clearly stated the objectives of the course.	5.00	5
The stated objectives of the course were met.	5.00	5
The material was well organized and presented in a systematic manner.	5.00	5
The instructor presented the information at a level you could understand.	4.94	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.	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

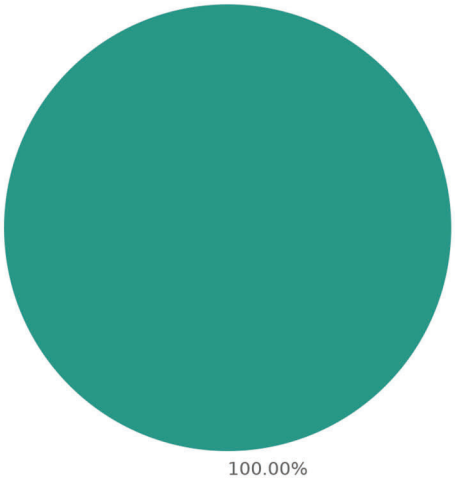
Overall average survey rating: 9.94/10

Course Information

Q1

Name of the GST Head Instructor for your course:

Answered: 58 Skipped: 0

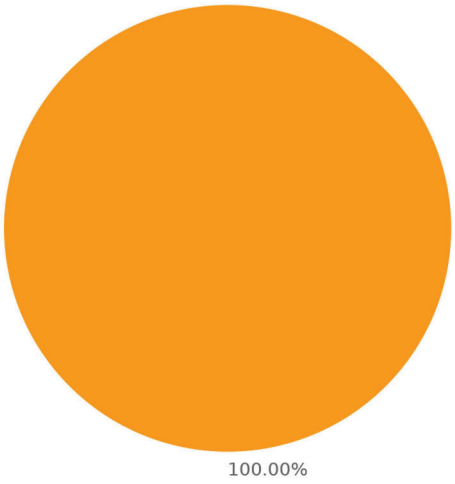


Choices	Response percent	Response count
Tom Chuckerel	0.00%	0
Allan Manganello	0.00%	0
Charlie Fernandez	0.00%	0
Evandro Nunes	0.00%	0
Ryron Gracie	0.00%	0
Rener Gracie	0.00%	0
Nate Brigmon	0.00%	0
Jeff Greekas	0.00%	0
John Ingallina	0.00%	0
Mark Miller	0.00%	0
Howard Steele	100.00%	58
Bernardo Figueiredo	0.00%	0
Other (Please Specify) No Responses	0.00%	0

Q2

Name of the primary GST Assistant Instructor for your course:

Answered: 58 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)

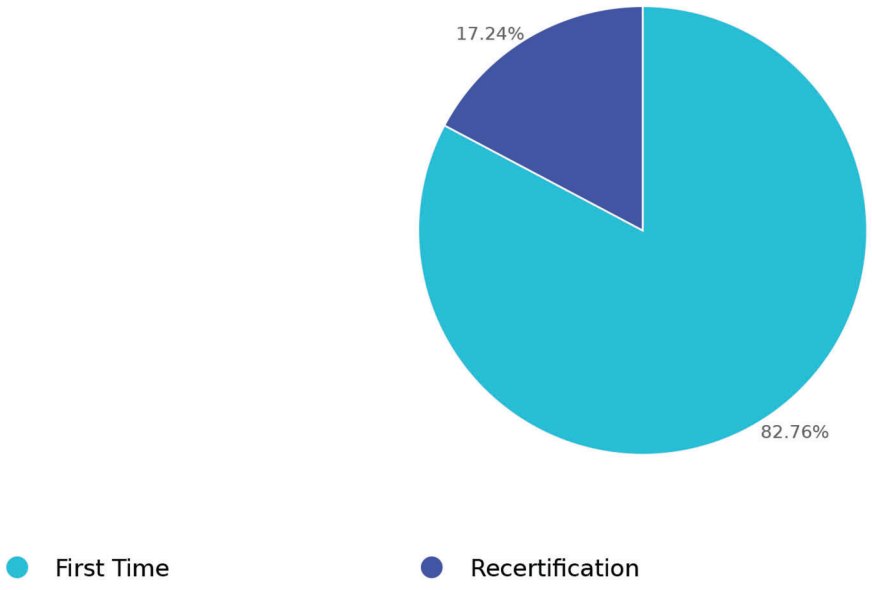
Choices	Response percent	Response count
Charlie Fernandez	0.00%	0
Guy Scuderi	0.00%	0
Jeremiah Hackerott	0.00%	0
Tom Chuckerel	0.00%	0
Nate Brigmon	0.00%	0
John Ingallina	0.00%	0
Justin Wade	0.00%	0
Neil Warren	0.00%	0
Damon Gilbert	100.00%	58
Howard Steele	0.00%	0
Jeff Greekas	0.00%	0
Allan Manganello	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
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: 58 Skipped: 0



Choices	Response percent	Response count
First Time	82.76%	48
Recertification	17.24%	10

GST Course Location

No Responses

Q4

City, State

Answered: 58 Skipped: 0

Field label	Response percent	Response count
City	100.00%	58 Responses
State	100.00%	58 Responses

City	State
Stockton	CA
Stockton	California
Stockton	CA
Stockton	California
Stockton	CA
Stockton	California
Stockton	CA
Stockton	CA
Stockton	CA
Stockton	Ca
Stockton	CA
Stockton	Ca
Stockton	Ca
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Stockton	CA

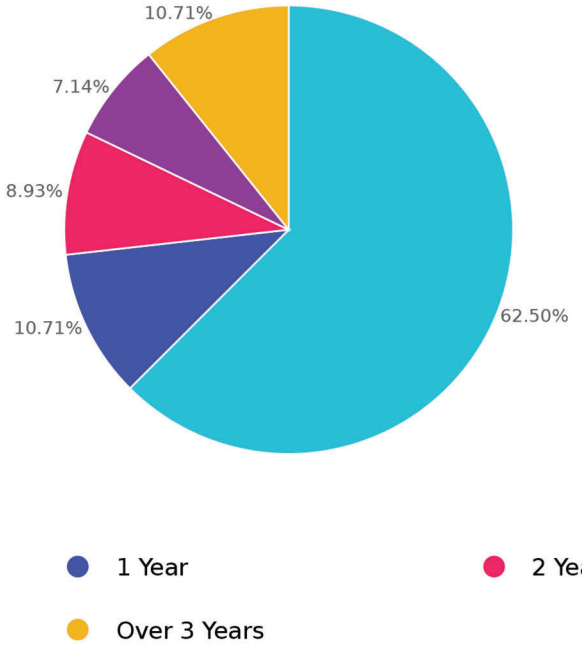
Stockton	CA
Stockton	Ca
Stockon	Ca
Stockton	CA
Stockton	CA
Stockton	California
Stockton	California
Stockton	CA
Stockton	California
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Stockton	Ca
Stockton	CA
Stockton	California
Stockton	CA
Stockton	CA
Stockton	California
Stockton	CA

Course Survey

Q5

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

Answered: 56 Skipped: 2

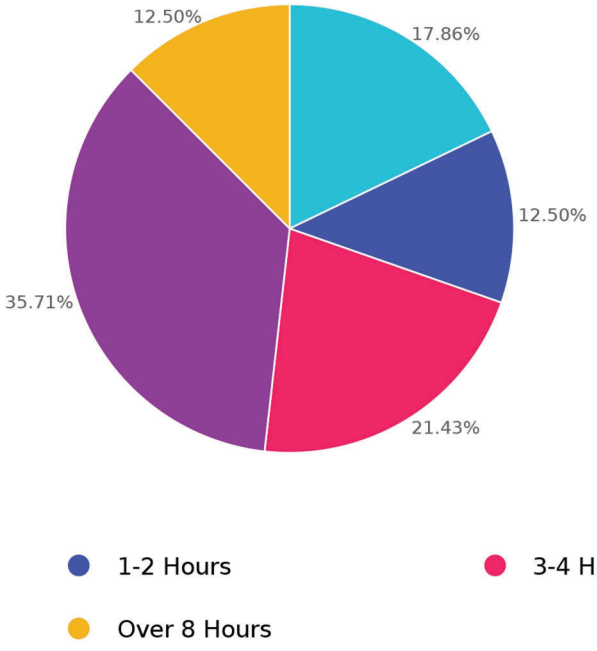


Choices	Response percent	Response count
None	62.50%	35
1 Year	10.71%	6
2 Years	8.93%	5
3 Years	7.14%	4
Over 3 Years	10.71%	6

Q6

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

Answered: 56 Skipped: 2



Choices	Response percent	Response count
None	17.86%	10
1-2 Hours	12.50%	7
3-4 Hours	21.43%	12
5-8 Hours	35.71%	20
Over 8 Hours	12.50%	7

Q7

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

Answered: 56 Skipped: 2



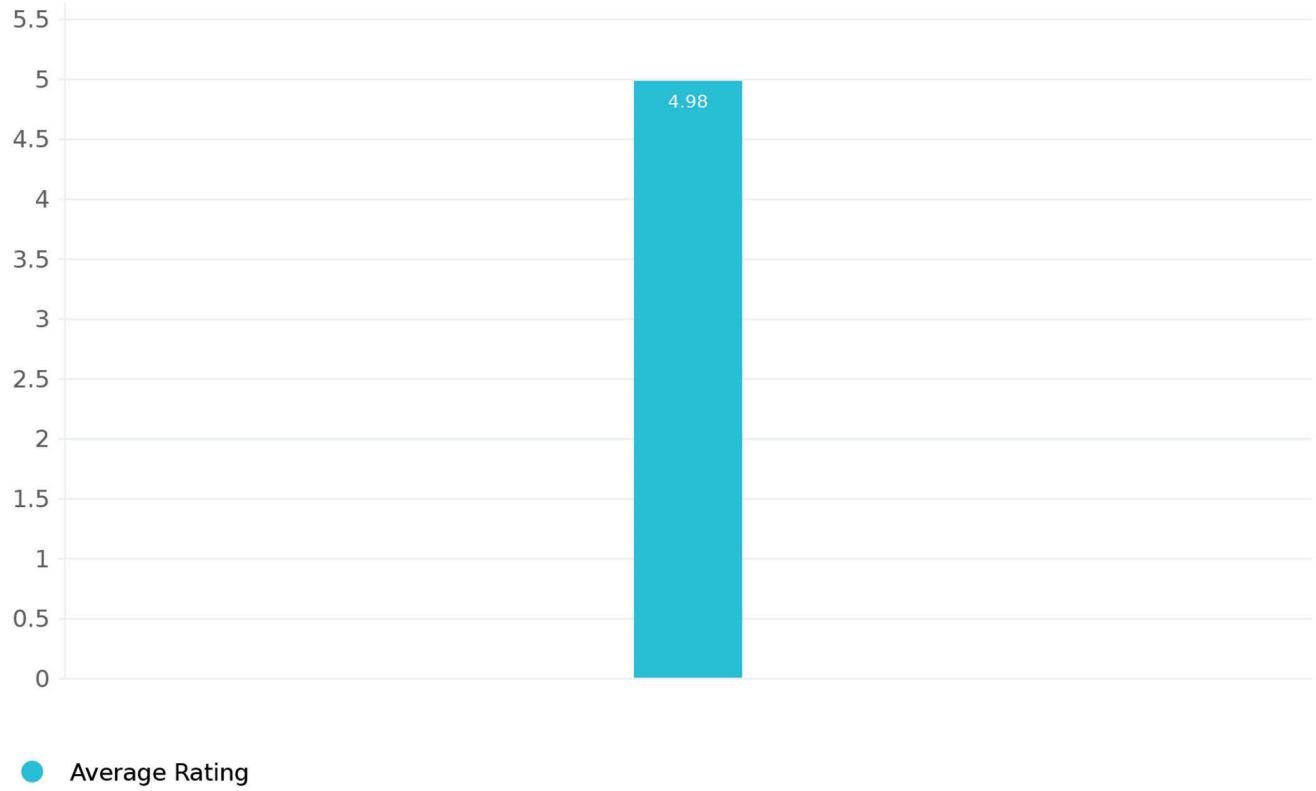
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	3.57%	2
5 (Strongly Agree)	94.64%	53

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: 56 Skipped: 2



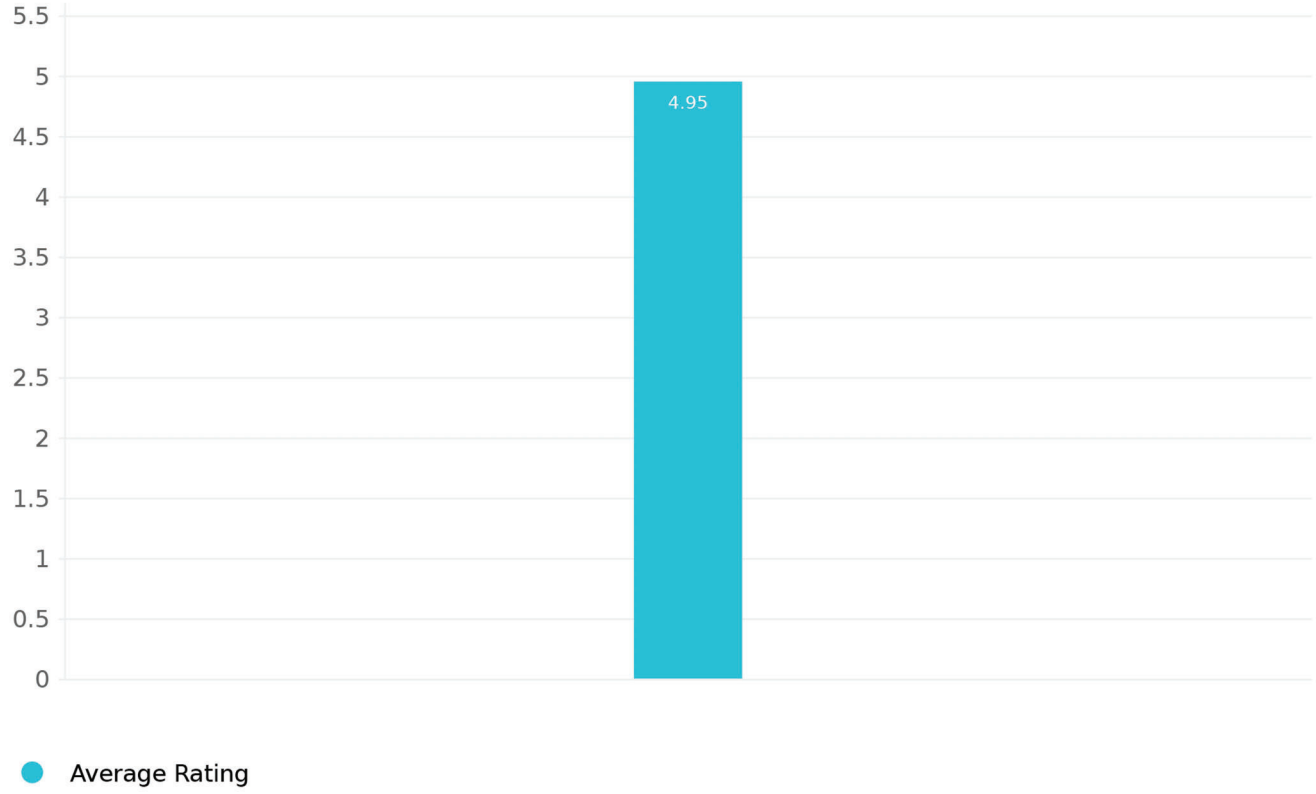
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.79%	1
5 (Strongly Agree)	98.21%	55

Average rating: 4.98

Q9

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

Answered: 56 Skipped: 2



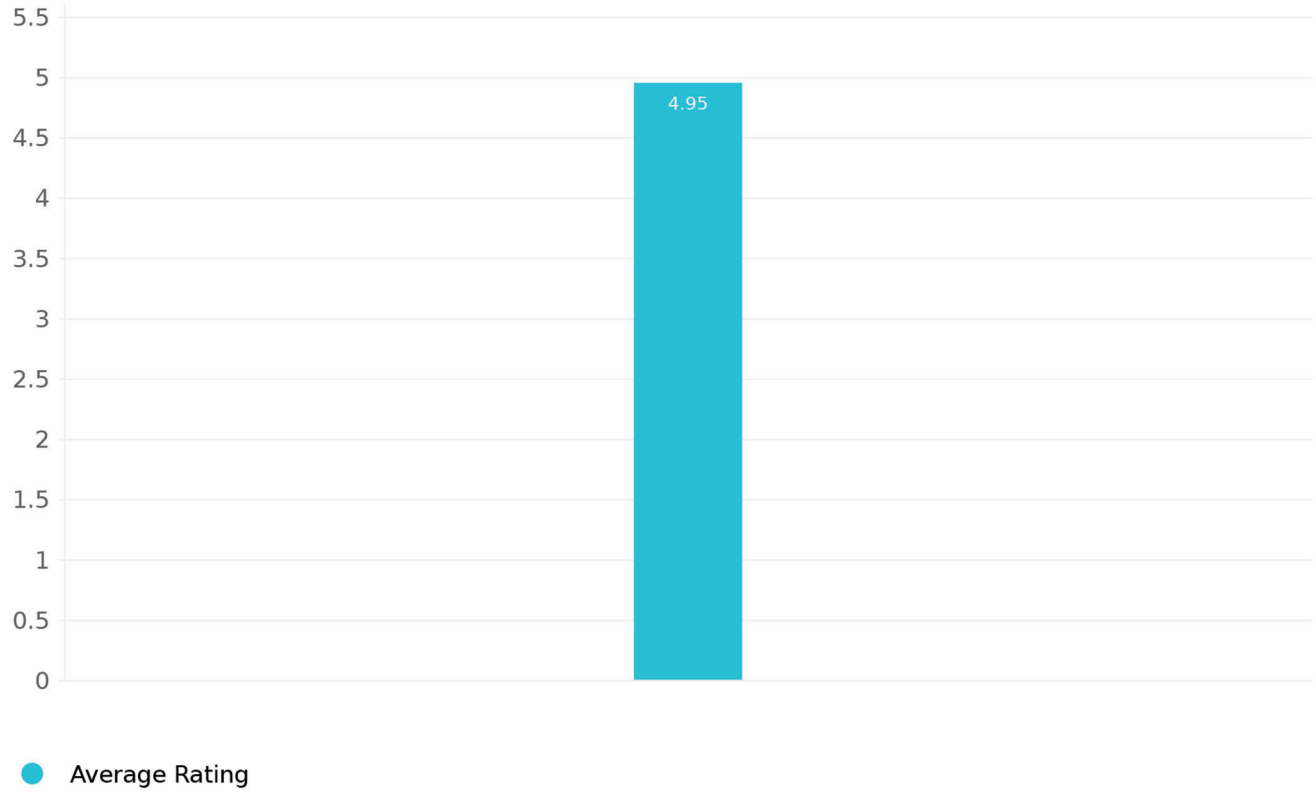
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	5.36%	3
5 (Strongly Agree)	94.64%	53

Average rating: 4.95

Q10

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

Answered: 56 Skipped: 2



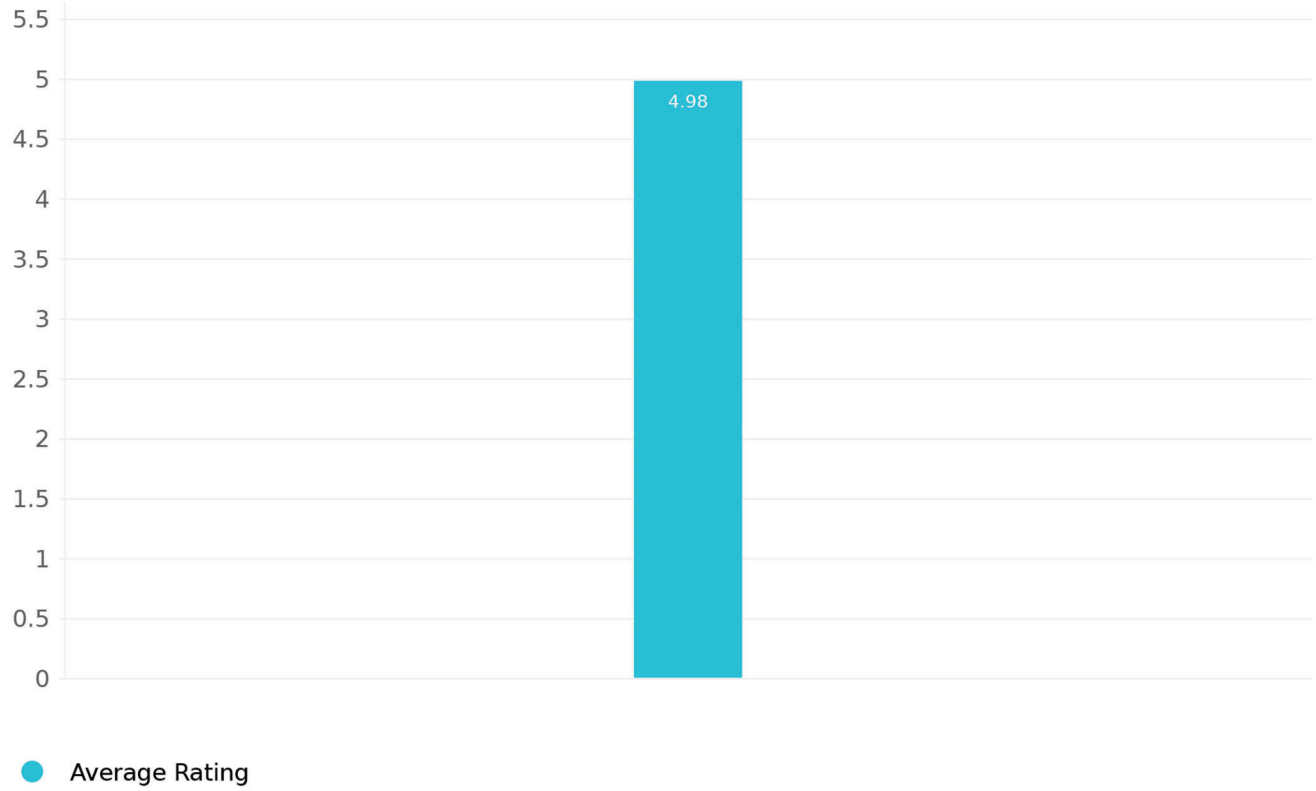
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	5.36%	3
5 (Strongly Agree)	94.64%	53

Average rating: 4.95

Q11

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

Answered: 56 Skipped: 2



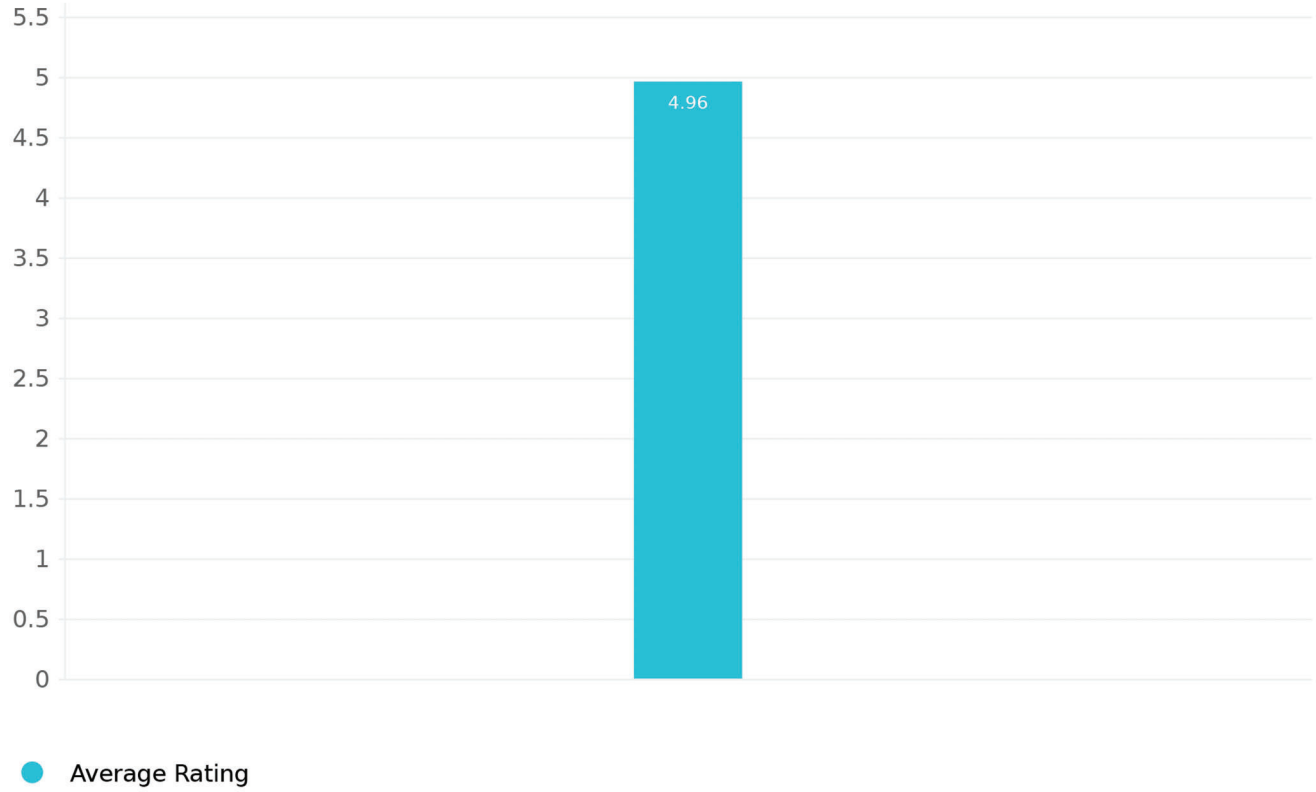
Rating	Response percent	Response count
1 (Dissatisfied)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.79%	1
5 (Extremely Satisfied)	98.21%	55

Average rating: 4.98

Q12

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

Answered: 56 Skipped: 2



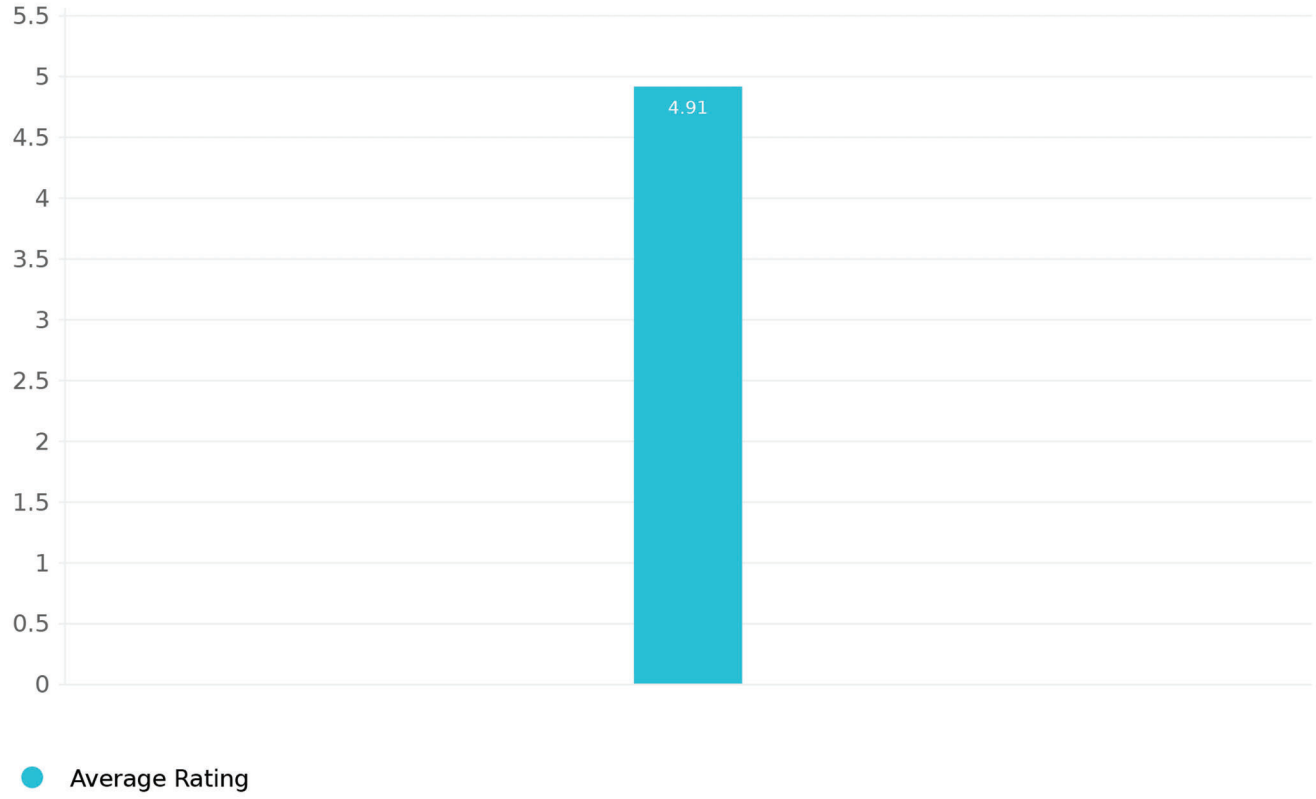
Rating	Response percent	Response count
1 (Very Unlikely)	0.00%	0
2	0.00%	0
3	0.00%	0
4	3.57%	2
5 (Very Likely)	96.43%	54

Average rating: 4.96

Q13

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

Answered: 56 Skipped: 2



Rating	Response percent	Response count
1 (Waste of Time)	0.00%	0
2	0.00%	0
3	0.00%	0
4	8.93%	5
5 (Best Course Ever)	91.07%	51

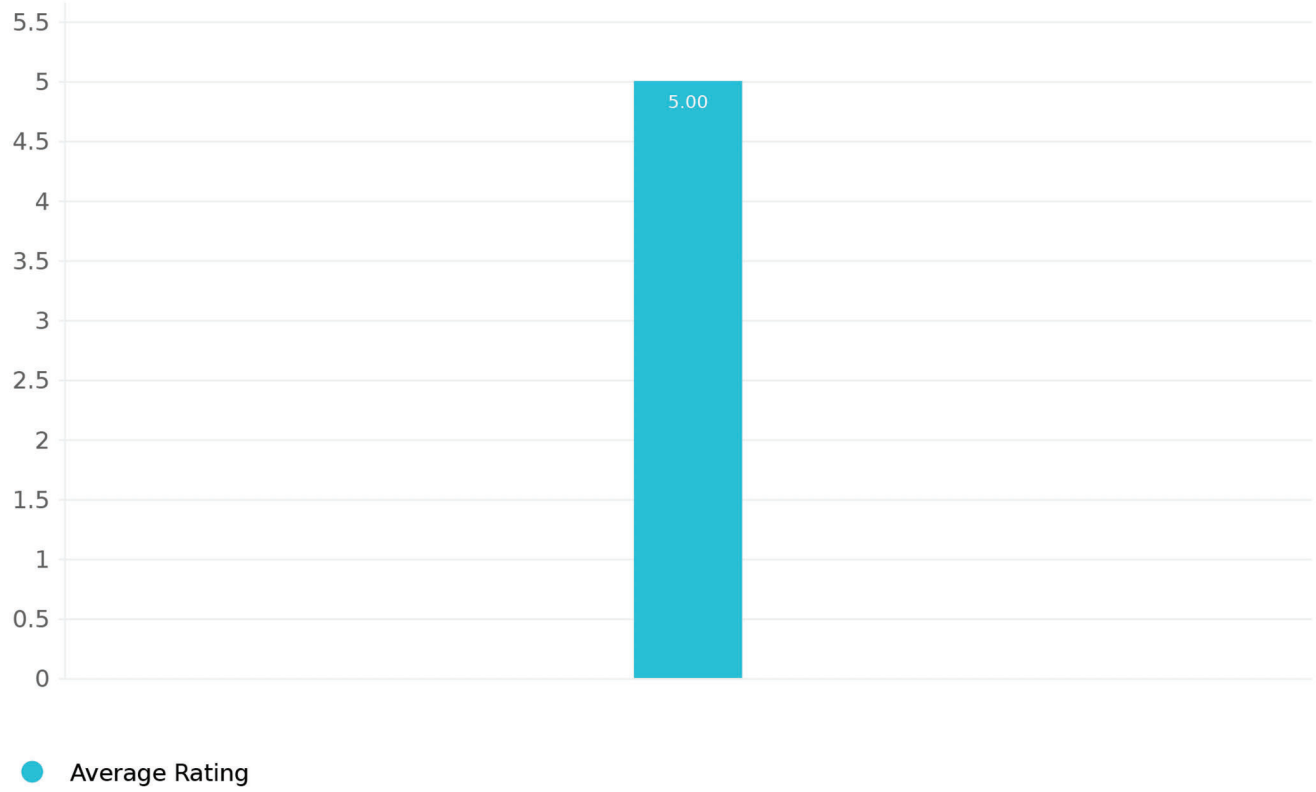
Average rating: 4.91

Instructor Survey

Q14

The instructor clearly stated the objectives of the course.

Answered: 53 Skipped: 5



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%	53

Average rating: 5.00

Q15

The stated objectives of the course were met.

Answered: 53 Skipped: 5



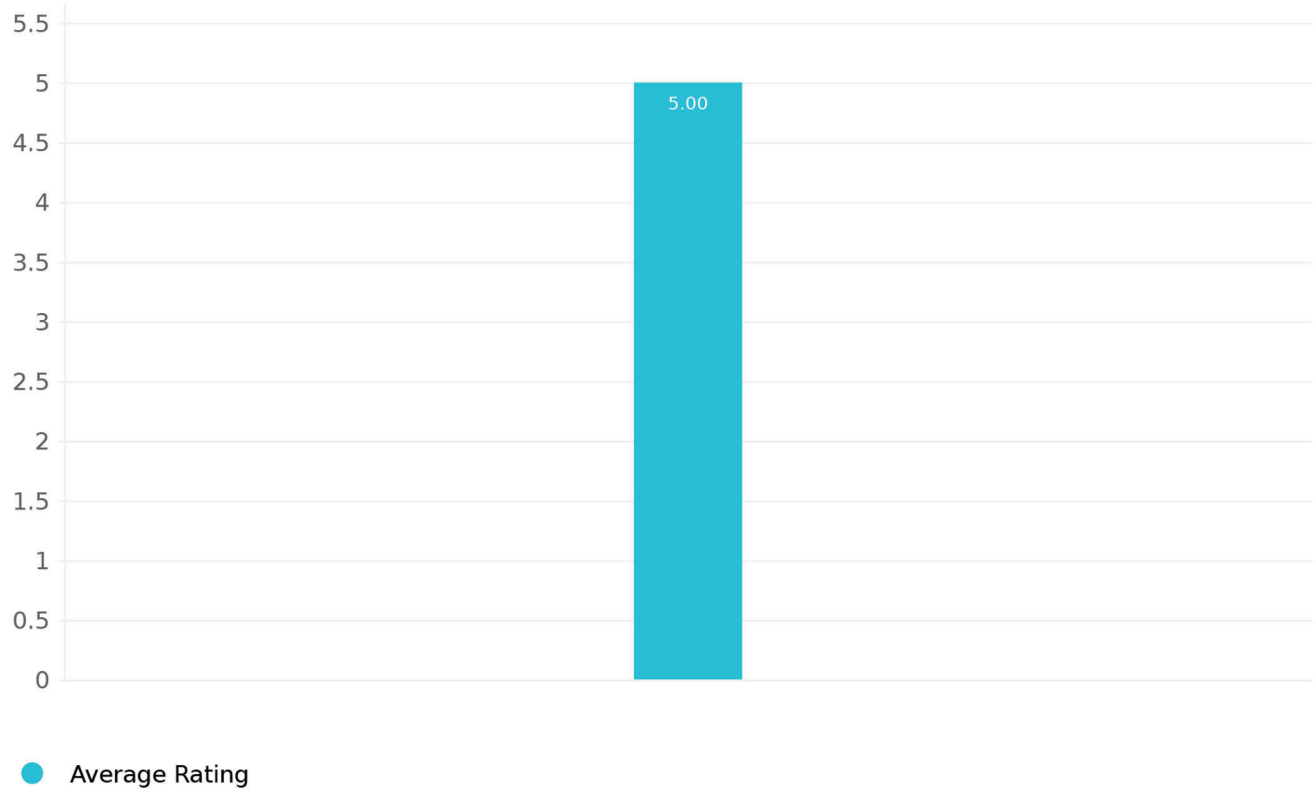
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	0.00%	0
5 (Strongly Agree)	100.00%	53

Average rating: 5.00

Q16

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

Answered: 53 Skipped: 5



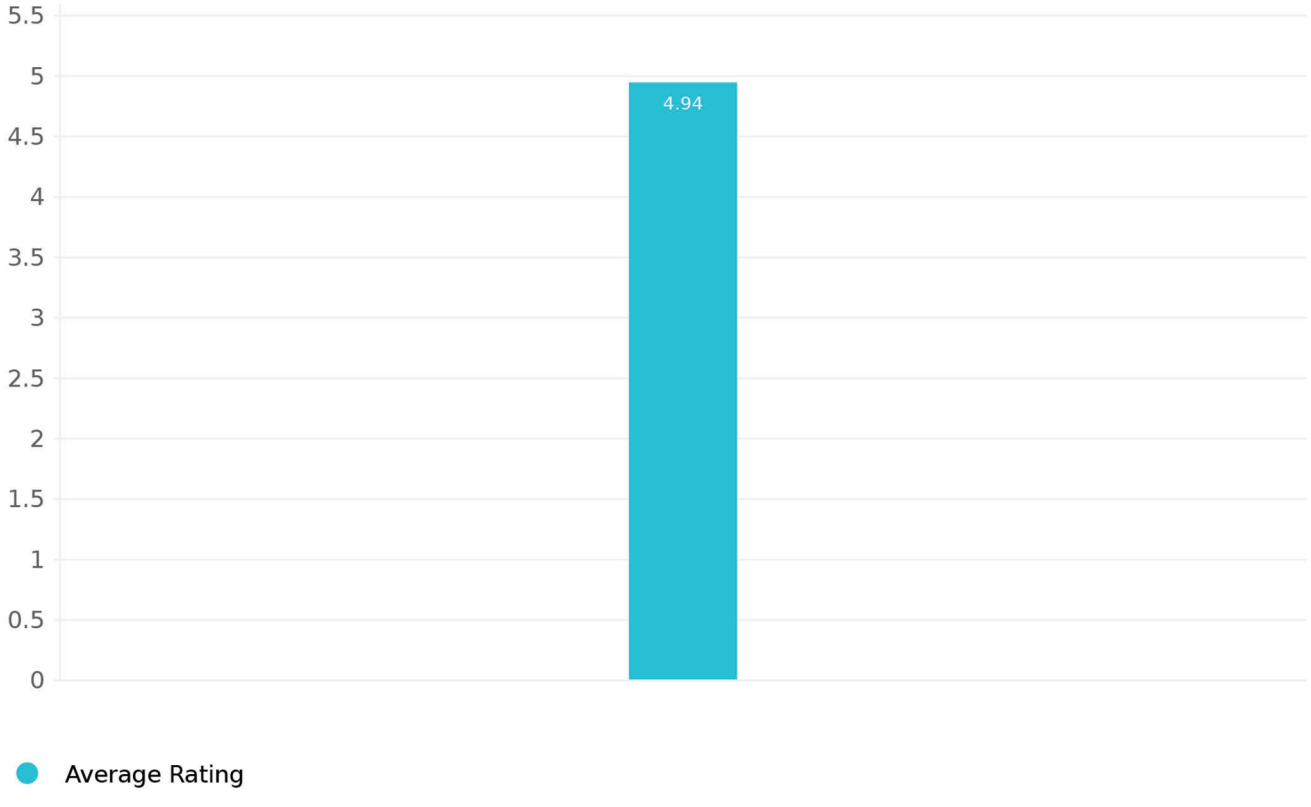
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	0.00%	0
5 (Strongly Agree)	100.00%	53

Average rating: 5.00

Q17

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

Answered: 53 Skipped: 5



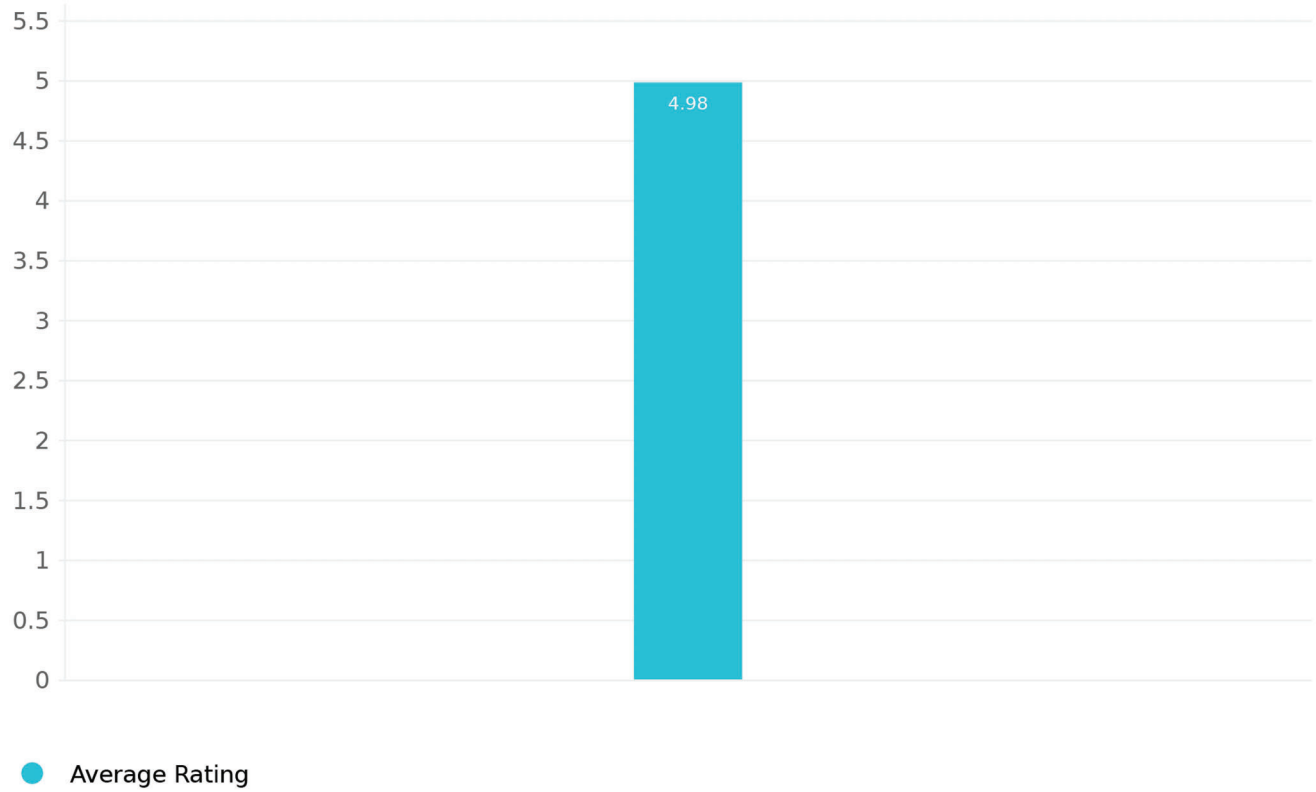
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	5.66%	3
5 (Strongly Agree)	94.34%	50

Average rating: 4.94

Q18

The instructor encouraged you to ask questions.

Answered: 53 Skipped: 5



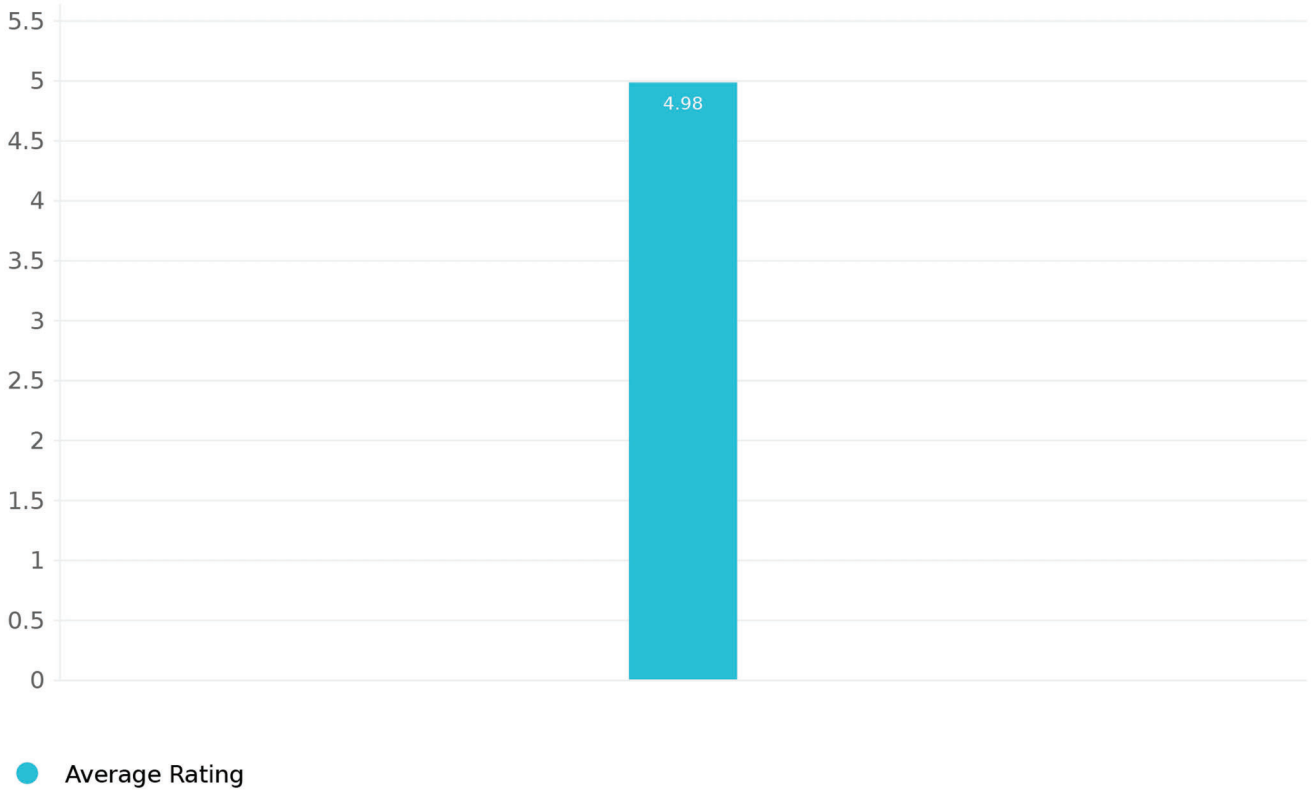
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.89%	1
5 (Strongly Agree)	98.11%	52

Average rating: 4.98

Q19

The answers to questions were satisfactory.

Answered: 53 Skipped: 5



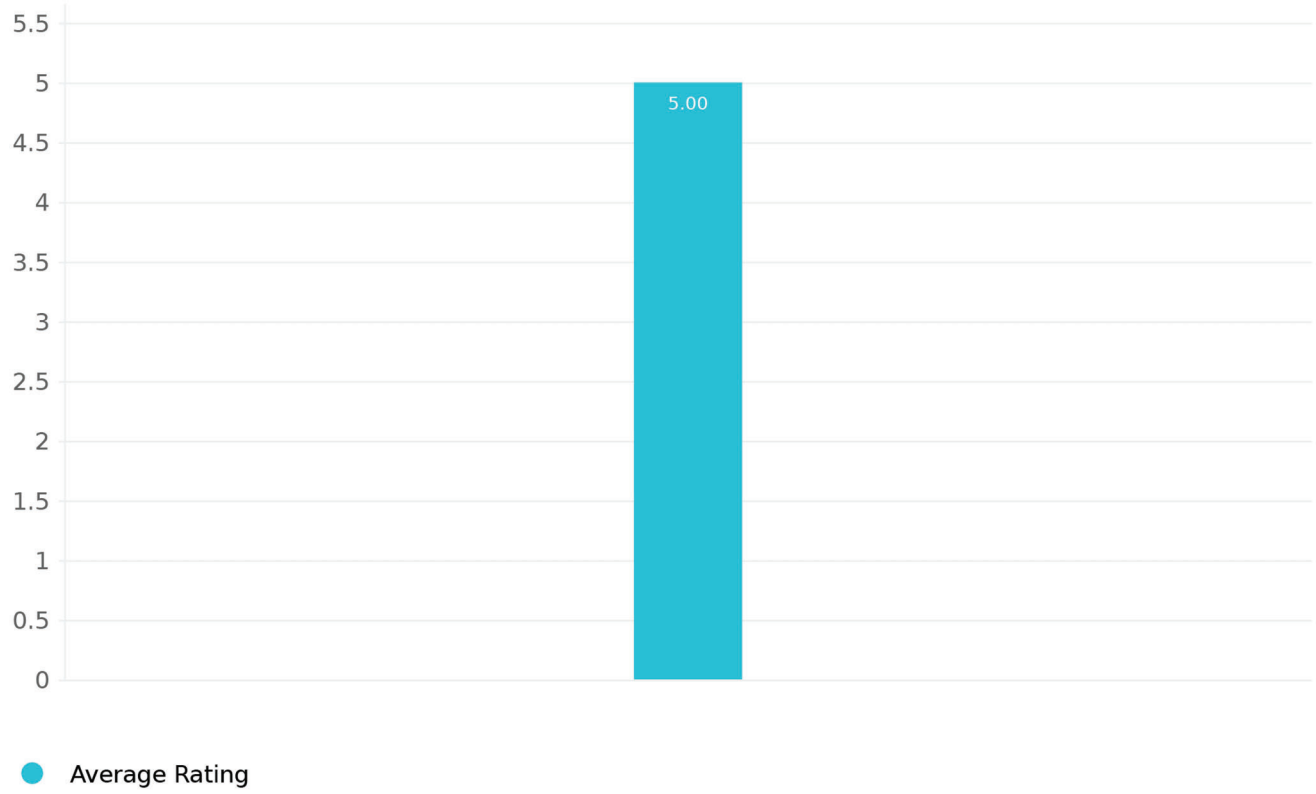
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.89%	1
5 (Strongly Agree)	98.11%	52

Average rating: 4.98

Q20

The instructor was an effective communicator.

Answered: 53 Skipped: 5



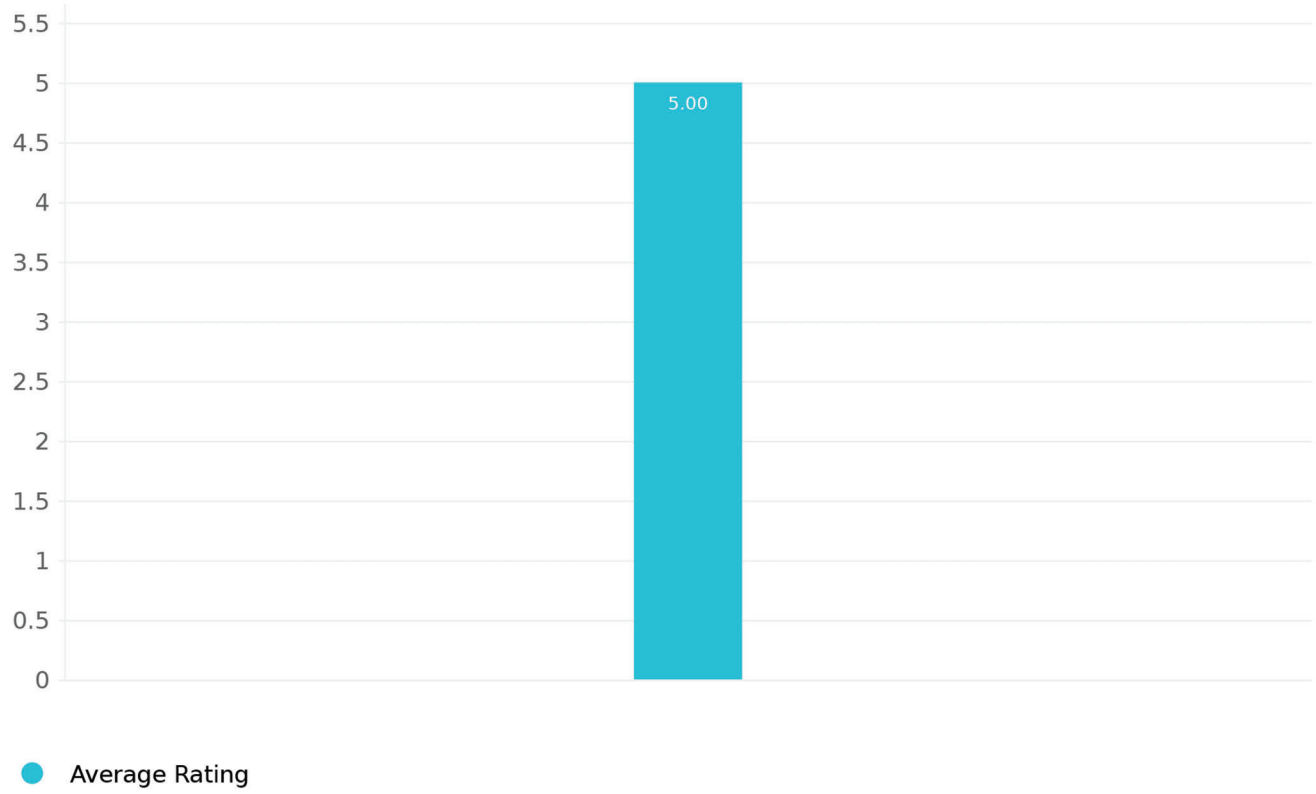
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	0.00%	0
5 (Strongly Agree)	100.00%	53

Average rating: 5.00

Q21

This instructor should be chosen to present this topic again.

Answered: 53 Skipped: 5



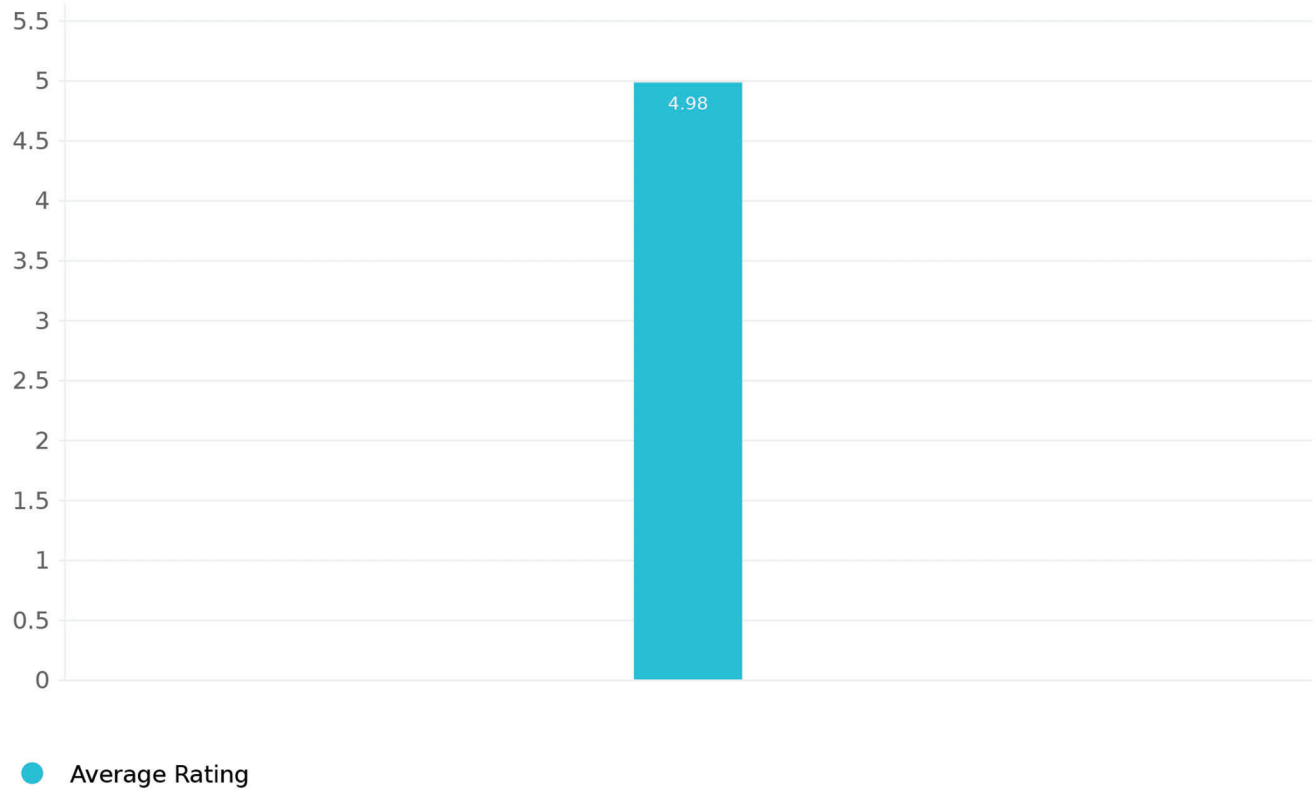
Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	0.00%	0
5 (Strongly Agree)	100.00%	53

Average rating: 5.00

Q22

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

Answered: 53 Skipped: 5



Rating	Response percent	Response count
1 (Strongly Disagree)	0.00%	0
2	0.00%	0
3	0.00%	0
4	1.89%	1
5 (Strongly Agree)	98.11%	52

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: 44 Skipped: 14

1. As always the instructors did a great job making it work related. Easy step by step instructions. Each time I take this class the techniques and the teaching methodologies get easier and easier.
2. The teaching method works very well and I am looking forward to using it in the future when teaching at my department. Love the techniques and they were easily understood with the teaching method.
3. Timing, pace and professionalism was perfect.
4. I think it would benefit officers if the course is longer than 1 week.
5. The course was extremely helpful and was the first combat course I felt was actually geared towards law enforcement.
6. Easy to understand for people with no Bjj experience
7. Was very informative. Made it easy for a beginner to grasp and enjoy.
8. The curriculum had a good flow to it. I wish the course was another week longer to get additional reps.
9. The techniques taught were all very applicable for a law enforcement officer. The SPF gave me confidence in bringing these techniques back to my department and being able to teach my coworkers.
10. I loved the humbleness if the lead instructor and assistants. Keep using comedy to connect with the crowd.
11. Very thorough on everything that needed to be taught.. for someone who has been in law enforcement for 17 yrs I regret not doing this before.
12. I enjoyed the course and found it helpful for my career. I wish I had a little more time to practice each new technique as I felt we ran out of time before each partner could finish.
13. Being my first time. I loved the way the entire team. Worked with everyone and my self.
14. The course was well presented and made it easy to understand and implement for a first time student.
15. Techniques were amazing. I have no prior jui-jitsu experience and was able to retain and perform the techniques.
16. Daaaaaang these guys were good. Definitely want to recertify and continue training. If the course was longer that would be great too.

17. Techniques would help officers maintain control of the suspect easier.
18. Everything was great.
19. The teaching methodology, made is extremely easy to understand and grasp the concept of the technique and why the technique was the most effective.
20. It’s was great, I’m to apply it to other subjects I teach.
21. Everything we learned was great and I do believe can be used in real life situations. I do feel that some options didn’t gear towards me as I’m in corrections however there was still techniques that were applicable.
22. I wish we had more time with the instructors one on one to work with
23. The overall class structure was extremely excellent and clear with instructions. I believe how the instructors presented the information was just as important as making it clear their was a method to the instruction.
24. Course was great, great learning environment.
25. The techniques were very applicable to a basic street cop, however I would have preferred more time practicing the technique to ensure proficiency.
26. The curriculum was very relatable to all aspects of law enforcement. All of the teaching strategies directly linked to the job.
27. The most helpful training I have ever experienced
28. Love all of them
29. None to state
30. The techniques were applicable and the teaching environment was very accepting.
31. The interaction was great, encouraging and I always enjoy GST courses/training
32. The course provided me with the confidence to return to my department and be able to teach the techniques.
33. Very thorough methodology and well-presented.
34. The course was perrrrfect
35. Awesome course I’m glad I took it and no drawbacks at all whatsoever. I recommend it to all law enforcement official.
36. Good for beginners like me, very systematic
37. Great course, well organized, explained thoroughly
38. First day felt rushed
39. Everything was very organized.
40. This is the most valuable and undervalued training to law enforcement officers to date. GST courses must continue all over the country until every law enforcement officer has the opportunity to at least attend the course. Amazing course. Life savingz
41. The spf is great and will be great to take back to the department.

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: 47 Skipped: 11

1. Howard did an amazing job teaching to the lowest denominator as well as the highest. He did an amazing job keeping it fun and efficient not to mention he gave some great extra nuggets.
2. Howard’s stories and funny analogies helped you remember the movies.
3. Howard was great at communicating and had great energy when presenting.
4. Great instructor. Perfect presentation, all instructors worked perfectly together.
5. The instructors were great and explained everything concise and clearly.
6. Howard's energy and personability was contagious. I very much enjoyed learning from him. If he wasn't in Delaware I would seek out his teaching further.
7. Howard Steele was friendly and informative. He made the week fun and enjoyable.
8. Passionate about what he teaches and very good at communicating.
9. He was great, a little trickery recognized once the course is completed. Very informative with instruction.
10. Howard and Damian were awesome. Could see there passion and knowledge through the techniques and how they taught. One of the best instructors I’ve had at a police training.
11. Stay the same. Great energy, very positive and easy to approach.
12. Howard kept the class engaged and made every technique easily digestible. Howard has great energy and was extremely knowledgeable in the techniques.
13. I really enjoyed this class. I came into it thinking I was going to be looked at/taught differently because I had zero experience in jiu jitsu. From day 1, Howard made the class enjoyable and a perfect learning environment. He was very kind, funny, and approachable. I wish he taught jiu jitsu in northern California.
14. It helps when the lead instructor is kind and never negative.
15. All worked hard and great.
16. No negatives for Howard, honestly the best instructor I've ever had.
17. Loved the energy and enjoyed his instruction.
18. Very humble and easy to understand. Loved they he took the time to help and care.
19. Great energy. Answered all questions and made the course fun and relatable.
20. Howard was awesome. Best defensive tactics style instructor I’ve ever learned under.
21. Howard was very professional and thorough I would love to have him train my department again.
22. His attitude was perfect and was willing to repeat the techniques all we need to perform an excellent technique.
23. Great.
24. Howard, was amazing. He was positive and provided great amount of energy that we fed off of.
25. Howard was great! He is a great instructor!
26. Mr Steele was energetic and awesome. A super smart likable guy.
27. Howard is AMAZING! So knowledgeable and communicates so well!
28. The lead instructor was very friendly and made sure all students were following correctly. I would take a class with this instructor again.
29. Instructor Steele did great, he articulated everything so even someone like me (meat head) could understand.
30. The lead instructor was very personable and gave an ease to the classroom.

31. Howard did an amazing job of explaining ever move and gave options on different techniques. Great teacher and motivator. Super humble.
32. Very good teacher and communicator. Very knowledgeable.
33. Amazing guy and instructor
34. Actually didn’t expect learn on how to teach. The teaching method is very effective and how i will now use to teach people things
35. Howard did a wonderful job! He is very personable and approachable. Despite not having the opportunity to be an officer himself, he is very knowledgeable and humble.
36. I enjoy each GST training course
37. Howard was the best instructor I have ever had, including collage professors. His knowledge and powerful intellect opened my eyes to many other aspects of life in general.
38. He was very engaging, and made a concerted effort to connect with each student.
39. Perrrrfect
40. Nothing negative.
41. Howard did not use enough F bombs (now you can't say no one wrote this, ha!)
42. Howard was super humble and approachable. This fostered an overall feeling of inclusion and that anybody regardless of their background would be able to complete the program.
43. Perrrrfect
44. Very knowledgeable in jujutsu and teaching methods.
45. Howard is an awesome human being. Make me want to be a better person, especially as a DT instructor. Great leadership. Very funny!
46. Howard was an amazing instructor. One of the most positive human beings I have ever a met, a true role model
47. Howard was great, he made the class enjoyable and made us feel like we’ve known him for years.

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: 47 Skipped: 11

1. Damon Gilbert as well as the other assistants Leo, Gambino and Abe all did a great jobs as well with all technique’s taught as well as assisting. Like all other GST instructors and assistants they did an amazing job. I love GST
2. Damon’s personal experience in what he does as a dt instructor and expert witness for testimony helped you understand what dt instructors should do at departments for their officers on top of teaching techniques (articulate why in report writing, Know case law, etc)
3. Assistant instructors were always willing to help and helpful to keep me on track.
4. Assistants were active and always present.
5. The assistant instructors worked well together and had great knowledge of the material.
6. I learned from Damon 2 years ago. His expertise in use of force working in the trenches at Oakland was much appreciated.
7. He was extremely helpful and worked well with the lead instructor.
8. Did a very good job explaining the importance of articulating the force we are being taught to use on paper to help preserve our jobs.
9. Elaborated well on techniques which made it easy to visualize and complete techniques as well.
10. Howard and Damian were awesome. Could see there passion and knowledge through the techniques and how they taught. One of the best instructors I’ve had at a police training.
11. Damon: greatly appreciated the extensive knowledge relevant to LEO job. Gabino: very helpful and relatable Leo: kind, approachable and helpful Abe: friendly, helpful, and supportive
12. Everyone was great and very helpful.
13. Damon was just as good as Howard. He knew the techniques and worked smoothly with Howard. He made it really easy to learn and had good energy. Abe, Leo, and Gabino also brought great energy and were very helpful. All in all, I really enjoyed learning from each of the instructors.
14. They continue to be helpful when it felt I was clueless.
15. All were great.
16. All the assistant instructors were extremely helpful and positive. Shout-out to Leo, who provided some helpful alternatives as a smaller officer.
17. He was helpful and spent a lot of time giving tips where we struggled.
18. I didn't even know the main instructor and assistant. Never worked together, that's how great they worked together and helped everyone. Essentially me
19. Also had great energy and gave clear explanations/instructions.
20. Damon and all the other assistant instructors, Leo, Gambino, and Abe all provided a street real aspect to the moves due to his experience in a field similar to ours. This training was by far the best training I’ve ever been apart of. I appreciate you guys and the knowledge the program and these instructors shared with us.
21. Damon was great very clear with the steps and process. Always moved and talked at a pace I could follow and comprehend.
22. He was really helpful when an officer was struggling with the techniques, his experience was excellent.
23. Excellent.
24. The assistants were very positive and took the time to help individuals out who were struggling to understand the techniques. They were amazing.
25. Damon was great! And his experience in law enforcement was a extra bonus

26. Damon was great as well and has a large amount of experience. I look forward to the day when he does his own class as the lead instructor
27. Damon is AMAZING!!! Very good instructor!
28. I believe all assistant instructors were very informative and helped when I didn't understand the assignment. If I took this class again I would be confident in the information being taught if any of them were present.
29. Instructor Gilbert did great, especially showing examples in real life due to his experience.
30. The assistant was very helpful especially being a law enforcement officer and a subject matter expert in use of force. He gave real world insight.
31. Damon was well versed in his teaching. He understood his assignment and gave vital information pertaining to UOF policies and state case law.
32. Very knowledgeable and kind. Helpful
33. Always a good conversation with him
34. Assistant was great. He was able to provide the courtroom liability as officers and was able to show how important it is to use reasonable force and how we can apply jiu jitsu in field and express in the courtroom
35. Damon was also very good. His uof expertise from OPD was an valuable addition.
36. I always have a good time with Damon
37. Damon was one of the most knowledgeable people I have spoken too. He was powerful when delivering law enforcement information.
38. Very knowledgeable in the connections between GST and California Law Enforcement laws and policies. His input was invaluable for contextualizing the information conveyed.
39. Perrrrrect
40. Awesome week and a game changer.
41. All very helpful
42. Damon's real life experience and background in law enforcement validated the curriculum. His knowledge of case law and expert testimony enhanced the course.
43. Amazing. Great law enforcement documentation knowledge
44. Very knowledgeable in jujutsu, teaching methods, and laws
45. Awesome instructor! Very knowledgeable in litigation and force.
46. Damon was amazing and very knowledgeable in regards to case law. He is an asset to the law enforcement community and a great instructor
47. He was very helpful and was always there when we had a question or needed assistance.
