

Ground Defense Instructor Course

Course Hours: Sixteen

Enrollment Cap: Twenty-Four

Applicable to: All Criminal Justice Officers

Course Synopsis:

All the necessary information required to implement a law enforcement or corrections ground defense-training program. The techniques and ground defenses offered are modifications of the Gracie Ju Jitsu system for law enforcement and corrections application. The integration of simulations into a ground defense program is a major theme throughout the course. This course offers techniques for defeating and escaping from ground assaults, chokes and pins. Furthermore, the integration of pepper spray, the ASP baton, and the officer's handgun will be discussed and practiced during the course.