

**SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION**  
**Mobile Team ASSIST #14**

2300 West Main St., Suite D-100  
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**618/277-1550**  
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**Mandates:** 6 Hrs. De-Escalation Techniques, .50 Hr. Civil Rights, .50 Hr. Constitutional Use of LE Authority, and 1 Hr. Officer Safety Techniques

**P R E S E N T S**

# **8 HOUR GRACIE SURVIVAL TACTICS: CONTROL, DE- ESCALATION, AND ARREST OF A COMBATIVE SUBJECT**

**FRIDAY, FEBRUARY 20, 2026 - 8 AM/5 PM**

**\*Students can wear mat shoes or train barefoot.**

**5.11 style pants or athletic clothing is allowed. Please have  
fingernails/toenails neatly trimmed.\***

**WHERE:**

Fairview Heights Police Department  
10027 Bunkum Rd., Fairview Heights, IL. 62208



**WHO:**

with Belleville PD

Aaron Nyman, Detective Sgt. with Fairview Heights PD and Sgt. Paul Anderson

**TO REGISTER:**

Visit our website [www.silec.org](http://www.silec.org). **Limit 20!**

This session will teach techniques and principles of Gracie Survival Tactics (GST) Levels 1 and 2. The user will be taught a concise set of defensive tactic skills designed exclusively to neutralize the most common threat scenarios facing Law Enforcement professionals. The GST program will focus on De-Escalation culture, sound decision making, mission specific tactics, and community trust building all through the safer practicing protocols that reduces injuries on both sides to effectively control and arrest a combative subject.

**At the end of this unit the trainee will be able to:**

1. List and demonstrate the 5 Pillars of GST.
2. Demonstrate proper level of force per department policy and Federal Use of Force guidelines based on rulings by the Supreme Court of the United States.
3. Demonstrate techniques to effectively de-escalate and control a combative subject while standing on the ground.
4. Neutralize or disengage from bigger or more skilled combative subjects.
5. Demonstrate application and implementation of reasonable force, given a scenario.
6. Recognize optimal times to advance into an arrest with a combative subject.

Funding made available by the Illinois Law Enforcement Training and Standards Board, Southwestern Illinois Law Enforcement Commission, ASSIST #14 Partnership and the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington. MTU 14 request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board.