



Instruction by
Det. Rob Magno
19 Year
Law Enforcement Officer
Life long martial artist,
Black Belt in
Gracie Jiu Jitsu
Master L.O.C.K.U.P.®
Trainer
SWAT Operator
&
Owner of
Bashido Jiu-jitsu
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West Hartford CT Police Department

Hosting
L.O.C.K.U.P.®
Police Ground Fighting Instructor Training
May 23 - 27, 2016

The L.O.C.K.U.P.® Police Ground Fighting is an in-depth presentation of police ground fighting arrest and control techniques that develop a solid foundation of law enforcement ground combatives. With a high estimated amount of fighting engagements going to the ground to secure a suspect law enforcement must be prepared to use tactics and strategies specifically focused on ground fighting tactics designed for law enforcement engagements, not sport orientated responses. L.O.C.K.U.P.® orientation provides the base of the system with the course specifically focusing on grounded engagements.

Topics Include:

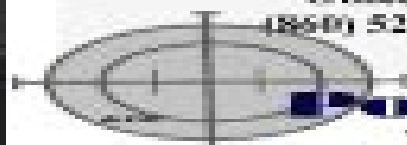
- The L.O.C.K.U.P.® Police Combat System
- Environmental and Situational Awareness
- Integration of standing arrest and control tactics
- Understand the limitations of grounded combat
- Multiple officers coordinated control tactics
- Mount, Guard and Side Control Positions
- Police Ground Fighting vs. Sport Grappling
- Counter Offense from the Guard Position
- Counter Offense from the Mounted Position
- Maintaining and Escaping the Side -Control
- Submission Holds to Handcuffing positions
- Weapon Retention from a Grounded Position
- Instructor methodologies and concepts
- Plus much more...

REQUIRED EQUIPMENT

- IPDSTC Credits Approved
- BDU Style Pants - Hoos with ankle support - Body Armor - Groin protection
- Full duty belt - Red Gun - No shorts allowed officers wear gear!

Student will receive a training manual, certificate and instructor shirt.

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Gracie Academy Instructor Manual

Marco Cascella



Gracie Academy Instructor Manual:

Train at Home to Work at Home Michelle McGarry, 2003-07 Begin a Work at Home Career with the Training and Education You Need Train at Home to Work at Home This unique guide provides comprehensive resources on more than 200 distance learning programs that can teach you 27 of the most popular and profitable work at home careers Distance learning programs have exploded in the last few years courses are now available online via e mail via teleclass through the mail on audiotape on videotape and even on CD ROM You can learn graphic design at UCLA professional writing at Washington State University life coaching at CoachU Web site design at Penn State financial planning at University of Alabama interior design at the Art Institute International medical transcription at the Health Professions Institute and many more Plus extensive resource lists organizations books and Web sites complete each section Full contact information tuition rates and course descriptions make comparisons and contrasts a breeze

Black Belt, 1997-07 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world

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Plastic Margaret Gracie, 2017-06-15 Deborah Pearce has it all The former Miss America lives an enviable life in La Jolla California with a modelling career a doting husband two kids and all the fashionable clothing money can buy Somehow it isn't enough Image obsessed Debbie is plagued by dissatisfaction anxiety and an unquenchable desire for admiration Her once promising career is stagnant the value of her brand diminishing with every passing day Her two children neither beautiful nor charming become petulant and resentful in the face of her ill concealed disappointment acting out in ways that have far reaching consequences for the entire family But Debbie refuses to let that stop her from striving toward the life she craves until one day her seemingly perfect world pulls her under threatening to drown her in disappointed hopes Told from the perspectives of eleven interconnected characters Plastic is a story of loneliness and longing of alienation and acceptance and of the never ending pursuit of the American Dream

Black Belt, 1997-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world

Black Belt, 1999-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the

world *The Rhode Island Government Owner's Manual* Rhode Island. Office of Public Information,2003 **Black Belt**,1997-09 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1998-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Resources in Education** ,1988 **Black Belt** ,2000-10 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Books and Pamphlets, Including Serials and Contributions to Periodicals** Library of Congress. Copyright Office,1970 *Black Belt* ,1989-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world *Strathmore's Who's Who, 2000-2001* Strathmore Directories, Limited,2001-05 **Publishers Directory** ,1994 **Catalog of Copyright Entries** Library of Congress. Copyright Office,1960-07 *Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington, Under the Copyright Law ... Wherein the Copyright Has Been Completed by the Deposit of Two Copies in the Office* Library of Congress. Copyright Office,1965-07 [Video Source Book](#) ,2008 *Assembly* West Point Association of Graduates (Organization).,1963 **Canadian Books in Print** ,1994

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