



# Southern Illinois Criminal Justice Training Program

Mobile Team Unit 15

## Training Announcement

Name of Training	Class ID#	Course ID#
Law Enforcement BJJ Basics	150052	77297

Date(s) of Training	Time	Hours	Location
April 19, 2024	0830 – 1630 Hrs.	8	Pedigo Submissions Fighting 1304 Broadway St, Mt. Vernon, IL

### Course Description

The importance of learning basic Jiu-Jitsu is to show officers how to safely hold a combative person in a position that allows them to gain control and call for assistance. It will also help the officer to be more self-aware and confident in applying the techniques that are going to be shown. All training will be demonstrated in a safe environment with a step-by step breakdown, so that every trainee will be able to practice and show each technique safely.

**Students need to wear comfortable training clothes and bring duty belts, but NO LIVE WEAPONS.**

### Course Objectives

*Students will gain an understanding of:*

- ✓ Establishing mount position control
- ✓ Establishing guard position control
- ✓ Establishing side position control
- ✓ Weapons retention (standing and from the ground)
- ✓ Takedowns
- ✓ Standing up from the ground position

### Instructors

**Lt. Jessy Garcia** has worked for the Jefferson County Sheriff's Department for 15 years. Lt. Garcia is a black belt in Jiu-Jitsu under Professor Rodrigo Vaghi and Heath Pedigo, and a Use of Force and Control Tactics Instructor. Lt Garcia is also a six-time Jiu-Jitsu world champion and four-time Pan American champion.

### Mandates Met by This Training

This course has been approved by ILETSB for the following mandates: Constitutional Use of LE Authority; De-escalation Techniques; Laws Concerning stops, searches and the use of force; Officer safety techniques, including cover, concealment and time

*This class is partially funded and certified by the Illinois Law Enforcement Training and Standards Board*