Southern Illinois Criminal Justice Training Program

Mobile Team Unit 15

Training Announcement

Name of Training	Class ID#	Course ID#
Law Enforcement BJJ Basics	**200932**	**47721**

Date(s) of Training	Time	Hours	Location
February 5, 2027	**8:30 – 4:30**	**8**	**Mt. Vernon Police Department 600 S. 27th St Mt. Vernon, IL 62864**

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