

*Mental, Physical, and Spiritual Preparation for Police and Corrections Work*



WA-Criminal Justice Training Center, Room C-151, 19010 1st Av. S., Burién, WA 98148

Thursday, November 13, 2014

Registration 7-9AM

9-9:15AM Opening Speaker-TBA

9:15-10:15AM Spiritual Forces at Your Side – Bob Cepeda, Spokane, WA

10:30-11:30 The Warrior Inside of You, Laura Hutchins, Personal Trainer, WA

11:30-12:30 Lunch (on your own)

12:30-2PM Street Beat-Dave Cortez, Yakima PD Gang Unit, WA

2:15-5PM Surviving a U/C Operation, Ron Stallworth, (Ret.) Utah Dept. of Public Safety

Friday, November 14, 2014

9-10AM Interviewing with Finesse – Steve Lucero, Colorado-DOC

10:15-11:30AM Spinach for the Everyday Warrior–Tony “Pacman” Moreno, (Ret.) LAPD, CA

11:30-12:30 Lunch (on your own)

12:30-13:30 Don’t Just Survive, Fight to Win!- Abdulmonaiem Mohamed, King Co. Jail, WA

13:45-5pm Wellness & Health Management-Ken Bell, (Ret.) LA Co. SO, CA

5PM Closing & Certificates

Cost is \$200, After October 1, 2014 Cost is \$250

For more info e-mail: [gcmorales2010@gmail.com](mailto:gcmorales2010@gmail.com) or see:

<http://www.gangpreventionservices.org/training.asp>

**REGISTRATION & ATTENDEE INFORMATION (Limited to Criminal Justice Workers)**

Name \_\_\_\_\_

Agency \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone \_\_\_\_\_

Please Send Registration & Fees made to: GPS, P.O. Box 98685, Des Moines, WA, 98198



**What does it mean to have Mental, Physical, and Spiritual Preparation? It means something different to everybody, and the facilitators of this course will help you discover what it means to you!**

By looking at key components of how you handle friendly or hostile encounters, the instructors will help you increase your performance on and off the job. In friendly encounters, they will show you how it is "not so much what you say as how you say it." They will also give you skills in hostile situations. "Don't just Survive, WIN!"

**Bob Cepeda is a Police Chief in the Spokane area. He will present that no matter what your religious preference, we all need spirituality as a component of our complete being and to protect us from evil forces.**

**Laura Hutchins is a local personal trainer, a former CJTC Physical Fitness Instructor, and Juvenile Justice system worker. She will explain the importance of nutrition and taking care of our physical body for our lives.**

**Dave Cortez is a Gang Unit Sgt. with Yakima PD. Dave will present information on the younger generation and how they may view law enforcement. He'll give a gang update and show hurdles we face out on the street.**

**Ron Stallworth is a Retired Sgt. with the Utah Dept. of Public Safety. He will tell his amazing story of how he infiltrated the KKK. To make his story even more interesting, and dangerous, Ron is a Black American. Ron's story is the subject of his new best-selling book (was #3 on Amazon.com), titled "Black Klansman."**

**Steve Lucero is a Lt. with Colorado DOC. Steve also conducted the investigation of a very large prison riot. He has interviewed thousands of offenders and will explain his technique to get more info out of the accused.**

**Tony Moreno is a Retired Supervisor of LAPD's Fugitive Unit. He was also present during the L.A. Rampart Scandal which changed the way LAPD worked forever. He will show you how to survive turmoil anywhere.**

**Abdulmonaiem Mohamed is a Sgt. with the King County Jail and a Reserve Fife PD Officer. He is considered a Martial Arts/Use of Force expert. He will show you how to survive an assault both mentally and physically.**

**Ken Bell is a Retired L.A. County Sheriff's Sgt. He was present during the Rodney King Riots and will show you how to keep yourself together under stress and how to prevent it from effecting your family and friends.**

