



# Women Empowered®

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN



11 Classes	15 Essential Techniques	December 2018						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>Combat Base</b> (Get-up, Push, Pull Base) <b>Wrist Releases</b> (1 on 1, 2 on 1, 2 on 2) <b>Trap and Roll Escapes</b> (Standard, Punch Block)	26	27 CLASS 9 - 18:30	28	29	30 CLASS 10 - 18:30 Bring a Friend!	December 1	2
2	<b>Front Choke Defenses</b> (Standard / Wall Pin) <b>Guard Get-up 1</b> (Standard / Super Lock)	3	4 RD CLASS (Ground) 18:30	5	6	7 NO CLASS!	8	9
3	<b>Wrist Releases</b> (Inverted 1 on1, 2 on 1, 2 on 2, Inverted low) <b>Trap and Roll Escapes 2</b> (Spread Hand / Wrist Pin)	10	11 CLASS 1 - 18:30	12	13	14 CLASS 2 - 18:30 Bring a Friend!	15	16
4	<b>Super Slap</b> (Solo / Combos – Front Choke, Wrist Releases) <b>Guard Get-up 2</b> (Punch Block Series Stage1, Heavy chest)	17	18 CLASS 3 - 18:30	19	20	21 CLASS 4 - 18:30 Bring a Friend!	22	23
5	<b>Stop-Block-Frame</b> (Distance Control / Block & Move, Block & Frame) <b>Guard Get-up 3</b> (Wrist Pin / Choke)	24	25 NO CLASS!	26	27	28 CLASS 5 - 18:30 Bring a Friend!	29	30
6	<b>Punch Protection</b> (Distance Control / Clinch) <b>Elbow Escape</b> (Standard / Heel Drag)	31	January 1 NO CLASS!	2	3	4 RD CLASS (Standing) 18:30	5	6
7	<b>Rear Attack Defenses 1</b> (Side Falling / Rear Choke) <b>Guillotine Choke</b> (Standing / Guard Pull / Sitting)	<p><b>Total Empowerment in 10 Lessons!</b> The <i>Women Empowered</i> program features 15 time-tested techniques that were developed to counter the most common types of assaults against women. The 15 techniques have been strategically divided into 10 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 10 classes can be completed in any order.</p> <p><b>Reflex Development Class (RD Class)</b> Once you complete each lesson (1-10) at least once, you qualify to attend the RD Classes. This is where you will learn the advanced techniques and combinations that will sharpen your reflexes and boost your confidence to the next level.</p> <p><b>Log-on and Learn Faster</b> As a student of the <i>Women Empowered</i> program, you are encouraged to explore the online <i>Women Empowered</i> program through Gracieuniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile advice.</p> <p><b>Pink Belt Qualification Test:</b> Once you complete all 10 classes at least four times, and your reflexes are ultra-sharp, you qualify for the Pink Belt Qualification test. To watch a complete demo of the test, please visit the “Testing Center” at Gracieuniversity.com. For more information please see the <i>Pink Belt Testing Guidelines</i> handout.</p>						
8	<b>Rear Attack Defenses 2</b> (Back Falling / Rear Bear Hug) <b>Weapon Defenses 1</b> (Kimura Armlock – Knife / Gun)							
9	<b>Hair Grab Defenses</b> (Standing / Mount / Guard) <b>Weapon Defenses 2</b> (Straight Armlock – Knife / Gun)							
10	<b>Rear Naked Choke</b> (Back Mount Finish with Hooks) <b>Triangle Choke</b> (Giant Killer / Wrist Pin / Choke)							
11	<b>Reflex Development Class</b> Review all techniques in testing order. Combining all techniques in a real self-defense situation.							