



# WOMEN EMPOWERED

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN



15 Classes	20 Essential Techniques	February - March 2021						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>Combat Base</b> (3 Variations) (GU 1) <b>Trap &amp; Roll Escapes (1 &amp; 2)</b> (GU 4) (Standard   Hair Grab)	February 1	2	3	4	5	6	7
2	<b>Standard Wrist Releases</b> (3 Variations) (GU 2) <b>Trap &amp; Roll Escapes (3, 4 &amp; 5)</b> (GU 4) (Punch Block   Wrist Pin   Spread Hand)		CLASS 8 - 18:30 Bring a Friend! (Anne-Mari)			CLASS 9 - 18:30 (Anne-Mari)		
3	<b>Front Choke Defenses</b> (3 Variations) (GU 5) <b>Guard Get-ups (1&amp;2)</b> (GU 8) (Standard   False Surrender)	8	9	10	11	12	13	14
4	<b>Inverted Wrist Releases</b> (4 Variations) (GU 3) <b>Guard Get-ups (3 &amp; 4)</b> (GU 9) (Rider   Heavy Chest)		CLASS 10 - 18:30 Bring a Friend! (Anne-Mari)			CLASS 11 - 18:30 (Anne-Mari)		
5	<b>Super Slap</b> (GU 6) <b>Guard Get-ups (5 &amp; 6)</b> (GU 9) (Choke   Wrist Pin)	15	16	17	18	19	20	21
6	<b>Stop-Block-Frame</b> (3 Variations) (GU 10) <b>Punch Protection</b> (GU 11) (Clinch Entry)		CLASS 12 - 18:30 Bring a Friend! (Anne-Mari)			CLASS 13 - 18:30 (Anne-Mari)		
7	<b>Punch Block Series</b> (GU 7) (Stages 1-5)	22	23	24	25	26	27	28
RD	<b>Standing Reflex Development</b> All standing techniques practiced in combination with one another.	March 1	2	3	4	5	6	7
8	<b>Elbow Escape</b> (GU 14) (Standard   Heel Drag   Face Down) <b>Guillotine Choke (Guard)</b> (GU 12)		RD CLASS - 18:30 Ground 1 Focus (Anne-Mari)			CLASS 1 - 18:30 (Anne-Mari)		
9	<b>Rear Choke Defenses</b> (2 Variations) (GU 17) <b>Drag Defenses</b> (GU 19) (Wrist Drag   Ankle Drag)	8	9	10	11	12	13	14
10	<b>Rear Bear Hug Defenses</b> (2 Variations) (GU 17) <b>Guillotine Choke</b> (GU 16) (Standing   Guard Pull)		CLASS 2 - 18:30 Bring a Friend! (Anne-Mari)			CLASS 3 - 18:30 (Anne-Mari)		
11	<b>Hair Grab Defenses</b> (GU 13) (Standing   Guard   Guard Pull   Hair Drag)							
12	<b>Weapon Defenses</b> (GU 18) (Straight Armlock   Kimura Armlock)							
13	<b>Shrimp Escape</b> (GU 15) (Block & Shoot   Shrimp & Shoot   Rider) <b>Shirt Choke</b> (GU 12)							
14	<b>Advanced Guard Get-ups (7, 8 &amp; 9)</b> (GU 20) (Direct Get-up   Knee Shield   Power Frame)							
15	<b>Rear Naked Choke</b> (GU 16) <b>Triangle Choke</b> (GU 12) (Giant Killer   Stage 3)							
RD	<b>Ground Reflex Development</b> All ground techniques practiced in combination with one another.							

### Total Empowerment in 15 Lessons!

The *Women Empowered* program features 20 time-tested techniques that were developed to counter the most common types of assaults against women. The 20 techniques have been strategically divided into 15 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 15 classes can be completed in any order.

### Reflex Development Class (RD Class)

In RD classes, students who have attended all 15 classes twice, will learn how to apply the techniques in combination to develop essential reflexes for self-defense. Those who have not yet attended all 15 classes will spend this class reviewing past techniques.

### Log-on and Learn Faster

As a student of the *Women Empowered* program, you are encouraged to explore your free online subscription of the *Women Empowered* 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.

### Pink Belt Qualification Test:

Once you complete all 15 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 *Pink Belt Testing Guidelines* handout.