



WOMEN EMPOWERED

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN



15 Classes		20 Essential Techniques							September – October 2019						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)	23	24 CLASS 4 - 18:30	25	26	27 CLASS 5 - 18:30 Bring a Friend!	28	29							
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)														
3	Front Choke Defenses (3 Variations) Guard Get-ups (1&2) (Standard False Surrender)	30	October 1 CLASS 6 - 18:30	2	3	4 CLASS 7 - 18:30 Bring a Friend!	5	6							
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)														
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)	7	8 RD CLASS (Ground 2) - 18:30	9	10	11 CLASS 8 - 17:30 Bring a Friend!	12	13							
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)														
7	Punch Block Series (Stages 1-5)	14	15 CLASS 9 - 18:30	16	17	18 CLASS 10 - 18:30 Bring a Friend!	19	20							
RD	Standing Reflex Development All standing techniques practiced in combination with one another.	21	22 CLASS 11 - 18:30	23	24	25 CLASS 12 - 18:30 Bring a Friend!	26	27							
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)														
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	28	29 CLASS 13 - 18:30	30	31	November 1 CLASS 14 - 18:30 Bring a Friend!	2	3							
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)														
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)														
12	Weapon Defenses (Straight Armlock Kimura Armlock)														
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke														
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)														
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)														
RD	Ground Reflex Development 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 (at least once) 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.