

### **Overview**

In this 19-minute introduction, Eve & Rener provide an overview of the Women Empowered program, discuss how to successfully navigate through the lessons, and provide essential training tips to make the most out of your experience on the path to pink belt!

### **Discussion Topics**

#### 1. Women Empowered Introduction

- The origins of Gracie Jiu-Jitsu.
- The history of the Women Empowered Program.
- We always assume the attacker will be bigger, heavier, and stronger.
- Sexual assault is NEVER the fault of the survivor.
- There is no “right” or “wrong” in self-defense. Our objective is simply to add resistance tools to your arsenal.

#### 2. Program Outline

- All lessons will consist of “Slices,” Silent Demos, and a Mindset Minute.
- It is a linear curriculum, so don’t skip around!
- Many lessons will have Reflex Development Drills where we tie it all together.
- Don’t skip the Fight Philosophy lessons, you will be tested on these!
- Don’t forget to log on to GracieUniversity.com to find a training partner or to ask questions in our forums.

#### 3. Training Tips

- Find a dedicated, safe, positive, and encouraging training partner!
- Male training partner guidelines:
  - Eliminate the ego.
  - Expect nothing, praise everything.
  - Grow at their pace (not yours).
- You will need approximately 100 sqft (10ft x10ft ) of training space.
- You will need a training knife or gun.
- We sell all training equipment at GracieUniversity.com

#### 4. Positional References

- Mount Position: the assailant is on top of your body, with his legs trapping your hips.
- Side Mount: the attacker is on top of the fight but has both legs on one side of your body.
- Guard Position: the aggressor is on top, in between your legs, but you have LOTS of options from here.
- Back Mount Position: if we find ourselves behind the opponent, we can lock onto him and render him unconscious.