WOMEN EMPOWERED®

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

15 CLASSES	20 ESSENTIAL TECHNIQUES
1	**Combat Base** - 3 Variations (GU 1) **Trap & Roll Escapes 1 & 2** Standard | Hair Grab (GU 4)
2	**Standard Wrist Releases** 3 Variations (GU 2) **Trap & Roll Escapes (3, 4 & 5)** Punch Block | Wrist Pin | Spread Hand (GU 4)
3	**Front Choke Defense** - 3 Variations (GU 5) **Guard Get-ups (1&2)** Standard | False Surrender (GU 8)
4	**Inverted Wrist Releases** - 4 Variations (GU 3) **Guard Get-ups (3 & 4)** Rider | Heavy Chest (GU 9)
5	**Super Slap (GU 6)** **Guard Get-ups (5 & 6)** Choke | Wrist Pin (GU 9)
6	**Stop-Block-Frame** - 3 Variations (GU 10) **Punch Protection** Clinch Entry (GU 11)
7	**Punch Block Series** Stages 1-5 (GU 7)
RD	**Standing Reflex Development** All standing techniques practiced in combination with one another.
8	**Elbow Escape** Standard | Heel Drag | Face Down (GU 13) **Guillotine Choke (Guard) (GU 12)**
9	**Rear Choke Defenses** - 2 Variations (GU 17) **Drag Defenses** Wrist Drag | Ankle Drag (GU 19)
10	**Rear Bear Hug Defenses** - 2 Variations (GU 17) **Guillotine Choke** Standing | Guard Pull (GU 16)
11	**Hair Grab Defenses** (GU 13 & 19) Standing | Guard | Guard Pull | Hair Drag
12	**Weapon Defenses** (GU 18) Straight Armlock | Kimura Armlock
13	**Shrimp Escape** Block & Shoot | Shrimp & Shoot | Rider (GU 15) **Shirt Choke** (GU 12)
14	**Advanced Guard Get-ups (7, 8 & 9) (GU 20)** Direct Get-up | Knee Shield | Power Frame
15	**Rear Naked Choke** (GU 16) **Triangle Choke** Giant Killer | Stage 3 (GU 12)
RD	**Reflex Development** Standing or ground techniques practiced in combination with one another.

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 2 **5:15 PM Class 11**	**NOV 3**	**NOV 4**	**Nov 5**	**Nov 6** **5:00 PM - WE Lab: Side Mount Controls**	**Nov 7** **11:15 AM Class 12** Bring a friend to class!
9 **5:15 PM Class 13 /** **Ground RD: Survival**	10	11	12	13 **5:00 PM - WE Lab: Side Mount Escapes**	14 **11:15 AM Class 14** Bring a friend to class!
16 **5:15 PM Class 15**	17	18	19	20 **5:00 PM - WE Lab: Side Mount Submissions**	21 **11:15 AM Class 16 /** **Standing RD** Bring a friend to class!
23 **5:15 PM Class 17**	24	**School Closure** **Happy Thanksgiving!**			
30 **5:15 PM Class 18**	**DEC 1**	**DEC 2**	**DEC 3**	**DEC 4** **5:00 PM - WE Lab**	**DEC 5** **11:15 AM Class 19** Bring a friend to class!

Total Empowerment in 20 Lessons!

The *Women Empowered* program features 20 time-tested techniques that were developed to counter the most common types of assaults on 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 20 lessons 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 & Learn Faster!

As a student of the *Women Empowered* program, you qualify for a free subscription to the online *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 devices! If you have any trouble accessing your lessons online, please speak to a Gracie University student services representative.

Pink Belt Qualification Test

Once you've completed all 20 lessons at least four times, and you're confident in the execution of every technique, you qualify to take 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.

Bring a friend to class and get a free Gracie T-Shirt!

www.graciesantacruz.com | www.graciemonterey.com | (831) 332-9876 | gjjsantacruz@gmail.com