



# WOMEN EMPOWERED®

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

15 Classes	20 Essential Techniques
1	<b>Combat Base</b> (3 Variations) (GU 1) <b>Trap &amp; Roll Escapes (1 &amp; 2)</b> (GU 4) (Standard   Hair Grab)
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)
3	<b>Front Choke Defenses</b> (3 Variations) (GU 5) <b>Guard Get-ups (1&amp;2)</b> (GU 8) (Standard   False Surrender)
4	<b>Inverted Wrist Releases</b> (4 Variations) (GU 3) <b>Guard Get-ups (3 &amp; 4)</b> (GU 9) (Rider   Heavy Chest)
5	<b>Super Slap</b> (GU 6) <b>Guard Get-ups (5 &amp; 6)</b> (GU 9) (Choke   Wrist Pin)
6	<b>Stop-Block-Frame</b> (3 Variations) (GU 10) <b>Punch Protection</b> (GU 11) (Clinch Entry)
7	<b>Punch Block Series</b> (GU 7) (Stages 1-5)
RD	<b>Standing Reflex Development</b> All standing techniques practiced in combination with one another.
8	<b>Elbow Escape</b> (GU 14) (Standard   Heel Drag   Face Down) <b>Guillotine Choke (Guard)</b> (GU 16)
9	<b>Rear Choke Defenses</b> (2 Variations) (GU 17) <b>Drag Defenses</b> (GU 19) (Wrist Drag   Ankle Drag)
10	<b>Rear Bear Hug Defenses</b> (2 Variations) (GU 17) <b>Guillotine Choke</b> (GU 16) (Standing   Guard Pull)
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 15)
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 12) <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.

## September - October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 24	25 7:00p – 7:45p Class 14	26	27	28	29 11:00a – 11:45a Class 15	30
31	Sept 1 7:00p – 7:45p Class 1	2	3	4	5 11:00a – 11:45a Class 2	6
7	8 7:00p – 7:45p Class 3	9	10	11	12 11:00a – 11:45a Class 4	13
14	15 7:00p – 7:45p Class 5	16	17	18	19 11:00a – 11:45a Class 6	20
21	22 7:00p – 7:45p Class 7	23	24	25	26 11:00a – 11:45a Class 8	27
28	29 7:00p – 7:45p Class 9	30	Oct 1	2	3 11:00a – 11:45a Class 10	4
5	6 7:00p – 7:45p Class 11	7	8	9	10 11:00a – 11:45a Class 12	11
12	13 7:00p – 7:45p Class 13	14	15	16	17 11:00a – 11:45a Class 14	18
19	20 7:00p – 7:45p Class 15	21	22	23	24 11:00a – 11:45a Class 1	25

### 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.

### 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 device! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, we can help.

### Pink Belt Qualification Test

Once you've completed all 20 lessons at least four times, and your confident in the execution of every technique with a training partner, 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.