

15 CLASSES	20 ESSENTIAL TECHNIQUES
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)
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)
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)
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)
7	Punch Block Series (Stages 1-5)
RD	Standing Reflex Development All standing techniques practiced in combination with one another.
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)
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.

DECEMBER 2023						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOV 27	NOV 28	NOV 29 5:30pm – 6:45pm Class 12 (Bring a Friend!)	NOV 30	DEC 1	2 9:00am – 10:00am Class 13 (Bring a Friend!)	3
4	5	6 5:30pm – 6:30pm Class 14 (Bring a Friend!)	7	8	9 9:00am – 10:15am Class 15 (Bring a Friend!)	10
11	12	13 5:30pm – 6:45pm RD (Ground Reflex Development)	14	15	16 9:00am – 10:15am Class 1 (Bring a Friend!)	17
18	19	20 5:30pm – 7:30pm Free Side Mount Seminar - All Ranks	21	22 CLOSED FOR WINTER BREAK	23 CLOSED FOR WINTER BREAK	24 CHRISTMAS EVE
25 CHRISTMAS DAY!! 🎄	26 CLOSED FOR WINTER BREAK	27 CLOSED FOR WINTER BREAK	28 CLOSED FOR WINTER BREAK	29 CLOSED FOR WINTER BREAK	30 CLOSED FOR WINTER BREAK	31 CLOSED FOR WINTER BREAK
JAN 1 NEW YEAR'S DAY! 🎉	JAN 2	JAN 3 5:30pm – 6:30pm Class 2 (Bring a Friend!)	JAN 4	JAN 5	JAN 6 9:00am – 10:00am Class 3 (Bring a Friend!)	JAN 7

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 device! 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.

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