



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

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

December - January					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9 6:15pm – 7:15pm Class 2	10 6:15pm – 7:15pm Class 3	11	12	13 11:15am – 12:15 Class 4
15	16 6:15pm – 7:15pm Class 5	17 6:15pm – 7:15pm Class 6	18	19 Alex Ueda Seminar 6p-8p	20 Alex Ueda Seminar 9a-11a 11:15am – 12:15pm Class 7
22	23 6:15pm – 7:15pm Standing Reflex Development	24 CLOSED WINTER BREAK	25	26	27 CLOSED WINTER BREAK
29	30 6:15pm – 7:15pm Class 8	31 CLOSED WINTER BREAK	JAN 1	2	3 11:15am – 12:15pm Class 9 WE Lab 12:15p-12:45p
5	6 6:15pm – 7:15pm Class 10	7 6:15pm – 7:15pm Class 11	8	9	10 11:15am – 12:15pm Class 12 WE Lab 12:15p-12:45p
12	13 6:15pm – 7:15pm Class 13	14 6:15pm – 7:15pm Class 14	15	16	17 11:15am – 12:15pm Class 15 WE Lab 12:15p-12:45p
19	20 6:15pm – 7:15pm Ground Reflex Development	21 6:15pm – 7:15pm Class 1	22	23	24 WE KICK OFF SEMINAR 10am-12pm
26	27 6:15pm – 7:15pm Class 2	28 6:15pm – 7:15pm Class 3	29	30	31 11:15am – 12:15pm Class 4 WE Lab 12:15p-12:45p

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. No experience is necessary, 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 GracieUniversity.com, so you can watch your lessons from any computer or mobile device. If you have trouble accessing your account, please speak to a 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.

Bring a Friend to Class!

If you love the Women Empowered classes, invite your friends and family to try one with you. We won't charge them for the class, and we'll make sure they have a great time. If they live within 10 miles of our school, we'll hook you up with a free Gracie t-shirt just for helping us spread the word! See front desk for details.