



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

October - November 2021					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20 Class 6 – 6p	21	22	23 Class 7 – 11:00a
25	26	27 RD Standing – 6p	28	29	30 Class 8 – 11:30a FitJitsu – 12:30p
Nov 1	2	3 Class 9 – 6p	4	5	6 Class 10 – 11:30a FitJitsu – 12:30p
8	9	10 Class 11 – 6p	11	12	13 Class 12 – 11:30a FitJitsu – 12:30p
15	16	17 Class 13 – 6p	18	19	20 Class 14 – 11:30a FitJitsu – 12:30p
22	23	24 Class 15 – 6p	25	26	27 RD Ground – 11:30a FitJitsu – 12:30p

20 Essential Techniques

Law enforcement officials and survivors of sexual assault helped us identify the 20 most common attack strategies that a male assailant is likely to use on a woman. From hair-grabs and choke-holds, to bear hugs and weapon defenses, the Women Empowered program covers it all.

The Empowerment Mindset

Beyond the physical techniques, Women Empowered also reinforces awareness principles, risk assessment, and verbal and psychological strategies a woman can use to set safe boundaries with others – even if the perpetrator is someone she knows. At the core of this mindset is the belief that we are worth defending!

Free Online Access & Satellite Training Privileges

Upon enrolling in the Women Empowered program at any Certified Training Center, you will receive a free subscription to Gracie University Online. Through this interactive online platform, you will have access to detailed video instruction on every technique in the course, enabling you to study the lessons on any computer or mobile device 24 hours a day! Furthermore, all active students at a Certified Training Center qualify to train for free at any other Gracie Certified Training Center around the world for up to 30 consecutive days per year. Since the curriculum is the same at all Certified Training Centers, you will receive credit for every lesson on your Women Empowered attendance card when you return home!