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

WOMEN EMPOWERED®

November-December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 2	3 (Private Lesson Availability)	4 **Class 10** - 6:15pm – 7:15pm	5	6	7 **James Driskill Seminar** **10a-12:30p** **Register at GJJIndio.com**
9	10 (Private Lesson Availability)	11 **Class 11** - 6:15pm – 7:15pm	12	13	14 **Class 12** - 11:15am – 12:15pm **WE Lab** 12:15p-12:45p
16	17 (Private Lesson Availability)	18 **Class 13** - 6:15pm – 7:15pm	19	20	21 **Class 14** - 11:15am – 12:15pm **WE Lab** 12:15p-12:45p **FRIENDSGIVING 5p**
23	24 (Private Lesson Availability)	25 **Class 15** - 6:15pm – 7:15pm	26 **Closed - Thanksgiving Weekend**	27	28 **Closed - Thanksgiving Weekend**
30	**Dec 1** (Private Lesson Availability)	2 **Class 1** - 6:15pm – 7:15pm	3	4	5 **Class 2** - 11:15am – 12:15pm **WE Lab** 12:15p-12:45p
7	8 (Private Lesson Availability)	9 **Class 3** - 6:15pm – 7:15pm	10	11	12 **Class 4** - 11:15am – 12:15pm **WE Lab** 12:15p-12:45p
14	15 (Private Lesson Availability)	16 **Class 5** - 6:15pm – 7:15pm	17	18	19 **Class 6** - 11:15am – 12:15pm
21	22 (Private Lesson Availability)	23 **Class 7** - 6:15pm – 7:15pm	24 **CLOSED WINTER BREAK**	25 **CLOSED WINTER BREAK**	26 **CLOSED WINTER BREAK**

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.