



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.

May–June 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			May 1	2	3 11:00a – 12:00p Class 8	4
5	6 6:00p – 7:00p Class 9	7	8	9	10 11:00a – 12:00p Class 10	11
12	13 6:00p – 7:00p Class 11	14	15	16	17 11:00a – 12:00p Class 12	18
19	20 6:00p – 7:00p Class 13	21	22	23	24 11:00a – 12:00p Class 14	25
26 Memorial Holiday: Studio Closed	27 6:00p – 7:00p Class 15	28	29	30	31 11:00a – 12:00p RD Class: Ground	June 1
2	3 6:00p – 7:00p Class 1	4	5	6	7 11:00a – 12:00p Class 2	8
9	10 6:00p – 7:00p Class 3	11	12	13	14 11:00a – 12:00p Class 4	15
16	17 6:00p – 7:00p Class 5	18	19	20	21 11:00a – 12:00p Class 6	22
23	24 6:00p – 7:00p Class 7	25	26	27	28 11:00a – 12:00p RD Class: Standing	29
30						

*Parenthesis indicate corresponding video lesson
number on [GracieUniversity.com](https://www.GracieUniversity.com)

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. You also get access our free GymDesk mobile app that allows you to track attendance on your “digital attendance card” and get 60-second class preview videos so you know what you’ll be learning in each class! If you have trouble accessing these benefits, please speak to a student services representative.

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.