

WOMEN EMPOWERED®

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

August – September 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				August 1	2 11:00a – 12:00p Class 1	3
4	5 6:00p – 7:00p Class 2	6	7	8	9 11:00a – 12:00p Class 3	10
11	12 6:00p – 7:00p Class 4	13	14	15 m	16 11:00a – 12:00p Class 5	17
18	19 6:00p – 7:00p Class 6	20	21	22	23 10:00a – 12:30p Women Empowered: Free Self-Defense Seminar	24
25	26 6:00p – 7:00p Class 7	27	28	29	30 CLASS CANCELLED	31
September 1	2 6:00p – 7:00p Class Standing RD	3	4	5	6 11:00a – 12:00p Class 8	7
8	9 6:00p – 7:00p Class 9	10	11	12	13 11:00a – 12:00p Class 10	14
15	16 6:00p – 7:00p Class 11	17	18	19	20 11:00a – 12:00p Class 12	21
22	23 6:00p – 7:00p Class 13	24	25	26	27 11:00a – 12:00p Class 14 AFTER CLASS: WE Luncheon	28
29	30 6:00p – 7:00p Class 15					

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 GvmDesk mobile app that allows you to track attendance on your “digital attendance card” and get 60-second class