

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.

June/July 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 7:15p – 8:15p Class 9	3	4 6:00p – 7:00p Class 10	5	6	7	8
9 7:15p – 8:15p Class 11	10	11 6:00p – 7:00p Class 12 Optional Standing R	12	13	14	15
16 7:15p – 8:15p Class 13	17	18 6:00p – 7:00p Class 14	19	20	21	22
23 7:15p – 8:15p Class 15	24	25 6:00p – 7:00p RD: Ground Survival	26	27	28	29
30 7:15p – 8:15p Class 1	1	2 6:00p – 7:00p Class 2	3	Happy 4 th of July!	5	6
7 7:15p – 8:15p Class 3	8	9 6:00p – 7:00p Class 4	10	11	12	13
14 7:15p – 8:15p Class 5	15	16 6:00p – 7:00p Class 6	17	18	19	20