



# WOMEN EMPOWERED®

*The Gracie Self-Defence Program For Women*



15 Classes	20 Essential Techniques
1	<b>Combat Base</b> (3 Variation) <b>Trap and Roll Escapes</b> (1 & 2) (Standard   Hair Grab)
2	<b>Standard Wrist Releases</b> (3 Variations) <b>Trap and Roll Escapes</b> (3, 4 & 5) (Punch Block   Wrist Pin   Spread Hand)
3	<b>Front Choke Defences</b> (3 Variations) <b>Guard Get-ups</b> (1 & 2) (Standard   False Surrender)
4	<b>Inverted Wrist Releases</b> (4 Variations) <b>Guard Get-ups</b> (3 & 4) (Rider   Heavy Chest)
5	<b>Super Slap</b> <b>Guard Get-ups</b> (5 & 6) (Choke   Wrist Pin)
6	<b>Stop-Block-Frame</b> (3 Variations) <b>Punch Protection</b> (Clinch Entry)
7	<b>Punch Block Series</b> (Stages 1-5)
RD	<b>Standing Reflex Development</b> All standing techniques practiced in combination with one another.
8	<b>Elbow Escape</b> (Standard   Heel Drag   Face Down) <b>Guillotine Choke</b> (Guard)
9	<b>Rear Choke Defences</b> (2 Variations) <b>Drag Defences</b> (Wrist Drag   Ankle Drag)
10	<b>Rear Bear Hug Defences</b> (2 Variations) <b>Guillotine Choke</b> (Standing   Guard Pull)
11	<b>Hair Grab Defences</b> (Standing   Guard   Guard Pull   Hair Drag)
12	<b>Weapon Defences</b> (Straight Armlock   Kimura Armlock)
13	<b>Shrimp Escape</b> (Block & Shoot   Shrimp & Shoot   Rider) <b>Shirt Choke</b>
14	<b>Advanced Guard Get-ups</b> (7, 8 & 9) (Direct Get-up   Knee Shield   Power Frame)
15	<b>Rear Naked Choke</b> <b>Triangle Choke</b> (Giant Killer   Stage 3)
RD	<b>Ground Reflex Development</b> All ground techniques practiced in combination with one another.

JULY 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1 NO CLASSES	July 2 NO CLASSES	July 3 NO CLASSES	July 4 6pm til 7pm	July 5 NO CLASSES	July 6 CLOSED FOR RYRON GRACIE SEMINAR
July 8 NO CLASSES	July 9 NO CLASSES	July 10 NO CLASSES	July 11 6pm til 7pm	July 12 NO CLASSES	July 13 12noon til 1pm
July 15 CLOSED FOR WE ICP	July 16 CLOSED FOR WE ICP	July 17 CLOSED FOR WE ICP	July 18 CLOSED FOR WE ICP	July 19 CLOSED FOR WE ICP	July 20 CLOSED FOR WE ICP
July 22 NO CLASSES	July 23 NO CLASSES	July 24 NO CLASSES	July 25 Class 1 - 6pm til 7pm	July 26 NO CLASSES	July 27 Class 2 - 12noon til 1pm
July 29 NO CLASSES	July 30 NO CLASSES	July 31 NO CLASSES	August 1 Class 3 - 6pm til 7pm	August 2 NO CLASSES	August 3 Class 4 - 12noon til 1pm

\*Class schedule subject to change based on holidays and special events.

**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. Absolutely no experience is necessary to participate in any class, and the 20 lessons can be completed in any order.

**Reflex Development Class (RD Class)**

In RD Classes, students who have completed all 15 classes (at least once) will learn how to apply the techniques in combination to develop the essential reflexes for self-defence. 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 the online *Women Empowered* program through GracieUniversity.com. To optimise learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have any trouble accessing your lessons online, please speak to a Gracie University 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 Centre* at GracieUniversity.com. For more information please see the *Pink Belt Testing Guidelines* handout.

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