

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 Kimora 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

June 2026—August 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 15	16	17	18	19	20 CLOSED
22	23	24 RD & Class 15 – 7:15p - 8:15p WE Lab – 8:15p - 8:45p	25	26	27 Class 1 – 12:15p - 1:15p
29	30	July 1 Class 2 – 7:15p - 8:15p WE Lab – 8:15p - 8:45p	2	3	4 Closed for 4th of July
6	7	8 Class 3 – 7:15p - 8:15p WE Lab – 8:15p - 8:45p	9	10	11 Class 4 – 12:15p - 1:15p
13	14	15 CLOSED	16	17	18 CLOSED
20	21	22 CLOSED	23	24	25 Members-Only Seminar – 10a
27	28	29 Class 5 – 7:15p - 8:15p WE Lab – 8:15p - 8:45p	30	31	Aug 1 Class 6 – 12:15p - 1:15p
Aug 3	4	5 Class 7 – 7:15p - 8:15p WE Lab – 8:15p - 8:45p	6	7	8 Class 8 – 12:15p - 1:15p
10	11	12 Class 9 – 7:15p - 8:15p WE Lab – 8:15p - 8:45p	13	14	15 Class 10 – 12:15p - 1:15p

Total Empowerment in 20 Lesson!

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 & WE Lab

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. WE Lab is exclusively for Pink Belts and students with three stripes or more. The Lab helps to deepen your understanding of the WE curriculum while preparing you for what comes next.

Log-on & Boost Progress!

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 to 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.

Pink Belt Qualification Test

Once you have 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.

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.