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

WOMEN EMPOWERED®

November 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2	3	4 **Class 13** – 7:15 pm	5	6	7 **Class 14** – 11:45 am
9	10	11 **Closed for Remembrance Day**	12	13	14 **Class 15** – 11:45 am
16	17	18 **RD (Ground)** – 7:15 pm **Class 15 Review**	19	20	21 **Class 1** – 11:45 am
23	24	25 **Class 2** – 7:15 pm	26	27	28 **Class 3** – 11:45 am
Note:					

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 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 the online *Women Empowered* program through GracieUniversity.com. To optimize 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 Center* at GracieUniversity.com. For more information, please see the *Pink Belt Testing Guidelines* sheet.

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