



| 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. |

May-June 2026

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|---|----------|--------|--|--------|
| 4 7:00p – 8:00p Class 10 | 5 | 6 7:00p – 8:00p Class 11 +WE LAB (8:00p-8:30p) | 7 | 8 | 9 | 10 |
| 11 7:00p - 8:00p Class 12 | 12 | 13 7:00p – 8:00p Class 13 | 14 | 15 | 16 | 17 |
| 18 7:00p – 8:00p Class 14 | 19 | 20 7:00p – 8:00p Class 15 | 21 | 22 | 23 NO CLASSES MEMORIAL DAY WEEKEND | 24 |
| 25 NO CLASSES MEMORIAL DAY | 26 | 27 7:00p – 8:00p RD Class – Ground (Escape) | 28 | 29 | 30 NO CLASSES WeDefy RUCK & ROLL (Impact in Oshkosh) | 31 |
| 1 7:00p – 8:00p Class 1 | 2 | 3 7:00p – 8:00p Class 2 +WE LAB (8:00p-8:30p) | 4 | 5 | 6 | 7 |
| 8 7:00p – 8:00p Class 3 | 9 | 10 7:00p – 8:00p Class 4 | 11 | 12 | 13 | 14 |
| 15 7:00p – 8:00p Class 5 | 16 | 17 7:00p – 8:00p Class 6 | 18 | 19 | 20 | 21 |
| 22 7:00p – 8:00p Class 7 | 23 | 24 7:00p – 8:00p RD Class-Standing | 25 | 26 | 27 | 28 |
| 29 7:00p – 8:00p Class 8 | 30 | | | | | |

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 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 technique. 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

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com