

WOMEN EMPOWERED

15 Classes	20 Essential Techniques
1	Combat Base (GU 1) Trap & Roll (Standard & Hair) (GU 4)
2	Standard Wrist Release (GU 2) Trap & Roll (Punch Block, Wrist Pin, Spread Hand) (GU 4)
3	Front Choke Defense (GU 5) Guard Get-ups (Standard & False Surrender) (GU 8)
4	Inverted Wrist Release (GU 3) Guard Get-ups (Rider & Heavy Chest) (GU 9)
5	Super Slap (GU 6) Guard Get-ups (Choke & Wrist Pin) (GU 9)
6	Stop-Block-Frame (GU 10) Punch Protection (GU 11)
7	Punch Block Series (Stages 1-5) (GU 7)
8	Elbow Escapes (GU 14) Guillotine Choke (Guard) (GU 12)
9	Rear Choke Defenses (GU 17) Drag Defenses (Wrist & Ankle) (GU 19)
10	Rear Bear Hug Defenses (GU 17) Guillotine Choke (Standing & Guard Pull) (GU 16)
11	Hair Grab Defenses (Standing, Guard, Guard Pull, & Hair Drag) (GU 13 & 19)
12	Weapon Defense (GU 18)
13	Shrimp Escape (GU 15) Shirt Choke (GU 12)
14	Advanced Guard Get-ups (Direct, Knee Shield, & Power Frame) (GU 20)
15	Rear Naked Choke (GU 16) Triangle Choke (GU 12)

February 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 27	28	29	30	31	Feb 1 Moving Day!
3	4	5	6	7	8
10 Class 14	11 Class 3	12 Class 7	13 Class 11	14	15
17 Class 15 Bring a Friend Week!	18 Class 4 Bring a Friend Week!	19 Class 8 Bring a Friend Week!	20 Class 12 Bring a Friend Week!	21	22
24 Class 1	25 Class 5	26 Class 9	27 Class 13	28	29
Mar 2	3	4	5	6	7

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com.

Street Readiness in 15 Classes!

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.

Log-on & Boost Progress!

As a student of the *Women Empowered* program, you qualify for a free subscription to 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 trouble accessing your lessons online, please speak us.

Pink Belt Qualification Test

Once you complete each *Women Empowered* class four times and you perfect the 20 techniques in every possible combination, you can test for your Pink Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com. Please see the *Pink Belt Qualification Requirements* handout for details.