

Women Empowered

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN.

15 Classes	20 Essential Techniques
1	Combat Base (GU 1) Trap & Roll Escapes (Standard Hair Grab) (GU 4)
2	Standard Wrist Releases (GU 2) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand) (GU 4)
3	Front Choke Defenses (GU 5) Guard Get-ups (1&2) (Standard False Surrender) (GU 8)
4	Inverted Wrist Releases (GU 3) Guard Get-ups (3 & 4) (Rider Heavy Chest) (GU 9)
5	Super Slap (GU 6) Guard Get-ups (5 & 6) (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 Escape (Standard Heel Drag Face Down) (GU 14) Guillotine Choke (Guard) (GU12)
9	Rear Choke Defenses (GU 17) Drag Defenses (Wrist Drag Ankle Drag) (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 Defenses (Straight Armlock Kimura Armlock) (GU 18)
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) (GU 15) Shirt Choke (GU 12)
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame) (GU 20)
15	Rear Naked Choke (GU 16) Triangle Choke (Giant Killer Stage 3) (GU 12)

February 2022					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 31 Ground Reflex Development	Feb 1	2 Class 9	3	4	5 Open Mat GU Students 9-11am
7 Class 1	8	9 Class 10	10	11	12
14 Class 2	15	16 Class 11	17	18	19
21 Class 3	22	23 Class 12	24	25	26
28 Class 4	Mar 1	2 Class 13	3	4	5 Gracie Game Day 9-11am
7 Class 5	8	9 Class 14	10	11	12

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 handout.

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