Women Empowered

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN.

20 Essential Techniques	Jan 2023					
Combat Base (GU 1) Trap & Roll Escapes (Standard Hair Grab) (GU 4)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Standard Wrist Releases (GU 2) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand) (GU 4)	Jan 2 Standing Reflex Development	3	4 Class 1	5	6	7 <mark>Gracie Game Day</mark> <mark>9-11am</mark>
Front Choke Defenses (GU 5) Guard Get-ups (1&2) (Standard False Surrender) (GU 8)	9 Class 8	10	11 Class 2	12	13	14
Guard Get-ups (3 & 4) (Rider Heavy Chest) (GU 9)	16	17	18	19	20	21
Guard Get-ups (5 & 6) (Choke Wrist Pin) (GU 9)	Open		Closed Instructors at HQ	Closed Instructors at HQ	Closed Instructors at HQ	Closed Instructors at HQ
Stop-Block-Frame (GU 10) Punch Protection (GU 11)	23	24	25	26	27	28
Punch Block Series (Stages 1-5) (GU 7)	Class 9		Class 3			
Elbow Escape (Standard Heel Drag Face Down) (GU 14) Guillotine Choke (Guard) (GU12)	30	31	Feb 1	2	3	4
Rear Choke Defenses (GU 17) Drag Defenses (Wrist D rag Ankle Drag) (GU 19)	Class 10		Class 4			GU Seminar 9-11am
Rear Bear Hug Defenses (GU 17) Guillotine Choke (Standing Guard Pull) (GU 16)	6 Class 11	7	8 Class 5	9	10	11
Hair Grab Defenses (Standing Guard Guard Pull Hair Drag) (GU 13 & 19)						
Weapon Defenses (Straight Armlock Kimura Armlock) (GU 18)	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 f or 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					
Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) (GU 15) Shirt Choke (GU 12)						
Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame) (GU 20)						
Rear Naked Choke (GU 16) Triangle Choke (Giant Killer Stage 3) (GU 12)						
	Trap & Roll Escapes (Standard Hair Grab) (GU 4) Standard Wrist Releases (GU 2) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand) (GU 4) Front Choke Defenses (GU 5) Guard Get-ups (1&2) (Standard False Surrender) (GU 8) Inverted Wrist Releases (GU 3) Guard Get-ups (3 & 4) (Rider Heavy Chest) (GU 9) Super Slap (GU 6) Guard Get-ups (5 & 6) (Choke Wrist Pin) (GU 9) Stop-Block-Frame (GU 10) Punch Protection (GU 11) Punch Block Series (Stages 1-5) (GU 7) Elbow Escape (Standard Heel Drag Face Down) (GU 14) Guillotine Choke (Guard) (GU12) Rear Choke Defenses (GU 17) Drag Defenses (Wrist D rag Ankle Drag) (GU 19) Rear Bear Hug Defenses (GU 17) Guillotine Choke (Standing Guard Pull) (GU 16) Hair Grab Defenses (Standing Guard Guard Pull Hair Drag) (GU 13 & 19) Weapon Defenses (Straight Armlock Kimura Armlock) (GU 18) Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) (GU 15) Shirt Choke (GU 12) Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame) (GU 20) Rear Naked Choke (GU 16) Triangle Choke (Giant Killer Stage 3)	Combat Base (GU 1) Trap & Roll Escapes (Standard Hair Grab) (GU 4)MondayStandard Wrist Releases (GU 2) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand) (GU 4)Jan 2 Standing Reflex DevelopmentFront Choke Defenses (GU 5) Guard Get-ups (3 & 4) (Rider Heavy Chest) (GU 9)9 Class 8Super Slap (GU 6) Guard Get-ups (3 & 4) (Rider Heavy Chest) (GU 9)9Super Slap (GU 6) Guard Get-ups (5 & 6) (Choke Wrist Pin) (GU 9)23 Class 9Stop-Block-Frame (GU 10) Punch Protection (GU 11)23 Class 9Punch Block Series (Stages 1-5) (GU 7)23 Class 9Elbow Escape (Standard Heel Drag Face Down) (GU 14) Guillotine Choke (Guard) (GU12)30 Class 10Rear Choke Defenses (GU 17) Guillotine Choke (Standing Guard Pull) (GU 16)6 Class 11Hair Grab Defenses (Standing Guard Guard Pull Hair Drag) (GU 13 & 19)6 Class 11Weapon Defenses (Standing Guard Guard Pull Hair Drag) (GU 13 & 19)Total Empowerment in 1 The Women Empowered women. The 20 technique class, and the 20 lessonsShrimp Escape (Block & Shoot Shrimp & Shoot Rider) (GU 15)Reflex Development Cla In RD classes, student of the Women Empowered women. The 20 technique class, and the 20 lessonsNature Choke (Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame) (GU 20)NondayRear Naked Choke (Giant Killer Stage 3)In RD classes, student of the Wome Graciel University.com. To or the Wome Graciel University.com. To or the block effect of the Wome Graciel University.com. 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Pink Belt Qualification Test

Once you've completed all 20 lessons at least four times, and your 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.