



WOMEN EMPOWERED

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

15 Classes	20 Essential Techniques
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)
3	Front Choke Defenses (3 Variations) Guard Get-ups (1&2) (Standard False Surrender)
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)
7	Punch Block Series (Stages 1-5)
RD	Standing Reflex Development All standing techniques practiced in combination with one another.
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)
12	Weapon Defenses (Straight Armlock Kimura Armlock)
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)
RD	Ground Reflex Development All ground techniques practiced in combination with one another.

APRIL 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 6PM L12	3	4	5	6 9:45AM L13	7
8	9 6PM L14	10	11	12	13 9:45AM L15	14
15	16 6PM RD GROUND SURVIVAL / L15	17	18	19	20 9:45AM L1	21
22	23 6PM L2	24	25	26	27 9:45AM L3	28
29	30 6PM L4					

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 let us know.

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.

North Vancouver Brazilian Jiu Jitsu

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