

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



# WOMEN EMPOWERED®

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

| AUGUST 2026 |                                       |           |          |        |                 |        |
|-------------|---------------------------------------|-----------|----------|--------|-----------------|--------|
| Monday      | Tuesday                               | Wednesday | Thursday | Friday | Saturday        | Sunday |
|             |                                       |           |          |        | 1<br>9:45AM L15 | 2      |
| 3           | 4<br>6PM L15/RD<br>GROUND<br>SURVIVAL | 5         | 6        | 7      | 8<br>9:45AM L1  | 9      |
| 10          | 11<br>6PM L2                          | 12        | 13       | 14     | 15<br>9:45AM L3 | 16     |
| 17          | 18<br>6PM L4                          | 19        | 20       | 21     | 22<br>9:45AM L5 | 23     |
| 24          | 25<br>6PM L6                          | 26        | 27       | 28     | 29<br>9:45AM L7 | 30     |

### 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.

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