



# WOMEN EMPOWERED®

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

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

September 2021 – October 2021 – November 2021						
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
September 18	19 11:00a – 12:00p <b>Ground RD (Escape)</b>	20	21	22 7:00p – 8:00p <b>Class 1/Ground RD (Escape)</b>	23	24
25	26 11:00a – 12:00p <b>Class 2</b>	27	28	29 7:00p – 8:00p <b>Class 3</b>	30	<b>October 1st</b>
2	3 11:00a – 12:00p <b>Class 4</b>	4	5	6 7:00p – 8:00p <b>Class 5</b>	7	8
9	10 11:00a – 12:00p <b>Class 6</b>	11	12	13 7:00p – 8:00p <b>Class 7</b>	14	15
16	17 11:00a – 12:00p <b>Standing RD</b>	18	19	20 7:00p – 8:00p <b>Standing RD</b>	21	22
23	24 11:00a – 12:00p <b>Class 8</b>	25	26	27 7:00p – 8:00p <b>Class 9</b>	28	29
30	31 11:00a – 12:00p <b>Class 10</b>	<b>November 1st</b>	2	3 7:00p – 8:00p <b>Class 11</b>	4	5
6	7 11:00a – 12:00p <b>Class 12</b>	8	9	10 7:00p – 8:00p <b>Class 13</b>	11	12
13	14 11:00a – 12:00p <b>Class 14</b>	15	16	17 7:00p – 8:00p <b>Class 15</b>	18	19
20	21 11:00a – 12:00p <b>Ground RD (Survival)</b>	22	23	24 7:00p – 8:00p <b>Ground RD (Survival)</b>	25 <b>SCHOOL CLOSED</b> <b>Thanksgiving</b>	26

**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.