



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.

Nov/Dec 2021 – Jan/Feb 2022						
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
November 27 SCHOOL CLOSED Thanksgiving	28 11:00a – 12:00p SCHOOL CLOSED Thanksgiving	29	30	December 1st 7:00p – 8:00p Ground RD (Survival)	2	3
4	5 11:00a – 12:00p Class 1	6	7	8 7:00p – 8:00p Class 2	9	10
11	12 11:00a – 12:00p Class 3	13	14	15 7:00p – 8:00p Class 4	16	17
18	19 11:00a – 12:00p Class 5	20	21	22 7:00p – 8:00p Class 6	23	24
25 SCHOOL CLOSED Christmas Day	26 11:00a – 12:00p SCHOOL CLOSED Christmas	27	28	29 7:00p – 8:00p Class 7	30	31 NEW YEAR'S EVE School Closed
January 1st NEW YEAR'S DAY 2022 School Closed	2 11:00a – 12:00p Standing RD	3	4	5 7:00p – 8:00p Class 8	6	7
8	9 11:00a – 12:00p Class 9	10	11	12 7:00p – 8:00p Class 10	13	14
15	16 11:00a – 12:00p Class 11	17	18	19 7:00p – 8:00p Class 12	20	21
22	23 11:00a – 12:00p Class 13	24	25	26 7:00p – 8:00p Class 14	27	28
29	30 11:00a – 12:00p Class 15	31	February 1st	2 7:00p – 8:00p Ground RD (Survival)	3	4

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.