



# Pink Belt

## QUALIFICATION TEST

When we created Women Empowered, we sought a way to acknowledge a woman's successful completion of the program. We wanted to stick with the tradition of awarding belts, but, because the course featured strategies, objectives, techniques, and psychology tailored to a special set of circumstances, the standard Gracie Jiu-Jitsu belt system did not apply. So, we decided to create an entirely new belt, and since pink was one of the only colors not used in the existing belt system, we introduced the Women Empowered Pink Belt! The Pink Belt Qualification Test is a way to assess a student's proficiency in the techniques and principles of the Women Empowered program. The best part is, once you earn your Pink Belt, you are welcome to return to Women Empowered classes, free of charge, for the rest of your life!

<b>Four Phases of an Attack (Stranger)</b> <ol style="list-style-type: none"><li>1. Identify an unsuspecting target.</li><li>2. Subdue and isolate the target.</li><li>3. Control and exhaust the target.</li><li>4. Carry out the assault.</li></ol> <b>Four Phases of an Attack (Non-Stranger)</b> <ol style="list-style-type: none"><li>1. Intrusion</li><li>2. Desensitization</li><li>3. Isolation</li><li>4. Carry out the assault.</li></ol> <b>1. Combat Base (3)</b> <ul style="list-style-type: none"><li>Base Get-up</li><li>Push Base</li><li>Pull Base</li></ul> <b>2. Wrist Releases (7)</b> <p><i>Note: Add the Super Slap to all variations.</i></p> <ul style="list-style-type: none"><li>Standard Grip - 1 on 1</li><li>Standard Grip - 2 on 1</li><li>Standard Grip - 2 on 2</li><li>Inverted Grip - 1 on 1</li><li>Inverted Grip - 2 on 1</li><li>Inverted Grip - 2 on 2</li><li>Inverted Grip - Low</li></ul> <b>3. Front Choke Defenses (3)</b> <ul style="list-style-type: none"><li>Standard Variation</li><li>Wall-Pin Variation (Two-handed)</li><li>Wall-Pin Variation (One-handed)</li></ul> <b>4. Stop-Block-Frame (6)</b> <ul style="list-style-type: none"><li>Distance Control</li><li>Block and Move</li><li>Block and Frame</li><li>Punch Protection</li><li>Guillotine Choke (Standing)</li><li>Guillotine Choke (Guard Pull)</li></ul>	<b>5. Rear Attack Defenses (4)</b> <ul style="list-style-type: none"><li>Rear Choke Defense (Pull Back)</li><li>Rear Choke Defense (Shoulder Slip)</li><li>Rear Bear Hug Defense (Under arms)</li><li>Rear Bear Hug Defense (Over arms)</li></ul> <b>6. Hair Grab Defenses (3)</b> <ul style="list-style-type: none"><li>Standing Armlock</li><li>Guard Armlock</li><li>Guard Pull Variation</li></ul> <b>7. Trap and Roll Escape (5)</b> <ul style="list-style-type: none"><li>Standard Variation</li><li>Punch Block Variation</li><li>Spread Hand Variation</li><li>Wrist Pin Variation</li><li>Hair Grab Variation</li></ul> <b>8. Elbow Escape (3)</b> <ul style="list-style-type: none"><li>Standard Variation</li><li>Heel Drag Variation</li><li>Face Down Variation</li></ul> <b>9. Shrimp Escape (3)</b> <ul style="list-style-type: none"><li>Block and Shoot</li><li>Shrimp and Shoot</li><li>Rider Variation</li></ul> <b>10. Punch Block Series (5)</b> <ul style="list-style-type: none"><li>Stage 1</li><li>Stage 2</li><li>Stage 3</li><li>Stage 4</li><li>Stage 5</li></ul> <b>11. Guard Get-up (9)</b> <ul style="list-style-type: none"><li>Standard Variation</li><li>False Surrender</li></ul>	<ul style="list-style-type: none"><li>Rider Variation</li><li>Heavy Chest Variation</li><li>Choke Variation</li><li>Wrist Pin Variation</li><li>Direct Get-up Variation</li><li>Knee Shield Variation</li><li>Power Frame</li></ul> <b>12. Guard Chokes (4)</b> <ul style="list-style-type: none"><li>Triangle Choke (Giant Killer)</li><li>Triangle Choke (Stage 3)</li><li>Shirt Choke (Giant Killer)</li><li>Guillotine Choke</li></ul> <b>13. Drag Defenses (3)</b> <ul style="list-style-type: none"><li>Wrist Drag</li><li>Ankle Drag</li><li>Hair Drag</li></ul> <b>14. Weapon Defenses (4)</b> <ul style="list-style-type: none"><li>Straight Armlock (Knife)</li><li>Straight Armlock (Gun)</li><li>Kimura Armlock (Knife)</li><li>Kimura Armlock (Gun)</li></ul> <b>15. Rear Naked Choke (1)</b> <ul style="list-style-type: none"><li>Rear Naked Choke</li></ul> <b>Standing Freestyle Demo</b> <p>For two minutes you will be required to demonstrate all standing self-defense techniques at various intensity levels in response to the evaluator's indicators.</p> <b>Ground Freestyle Demo</b> <p>For two minutes you will be required to demonstrate all ground self-defense techniques at various intensity levels in response to the evaluator's indicators.</p>
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**Test Criteria** - During the test, you will be required to demonstrate all the techniques in the above sequence. You will start with 100 points and will receive a one-point deduction for each significant error. If your final score is 90 or higher (no more than 10 deductions), the evaluator will recommend you for promotion. If you score less than 90 points, you will be notified of your shortcomings so you can retest at a later date. If you don't pass the first time, don't give up! We are committed to helping you achieve your goals and want to ensure your preparedness. To learn more about the testing process and to watch a full demonstration of the Pink Belt Test, visit the 'Testing' tab and select 'Women Empowered Test' at [GracieUniversity.com](http://GracieUniversity.com).



**Taking the Test** - Once you are highly confident in the execution of all the Women Empowered techniques, see a student services representative to schedule your private test with a Certified Instructor (private class rates will apply).