

15 Classes	20 Essential Techniques <small>*Parenthesis indicate corresponding video lesson number on GracieUniversity.com</small>
1	Combat Base (3 Variations) (GU 1)* Trap & Roll Escapes (1 & 2) (GU 4) (Standard Hair Grab)
2	Standard Wrist Releases (3 Variations) (GU 2) Trap & Roll Escapes (3, 4 & 5) (GU 4) (Punch Block Wrist Pin Spread Hand)
3	Front Choke Defenses (3 Variations) (GU 5) Guard Get-ups (1 & 2) (GU 8) (Standard False Surrender)
4	Inverted Wrist Releases (4 Variations) (GU 3) Guard Get-ups (3 & 4) (GU 9) (Rider Heavy Chest)
5	Super Slap (GU 6) Guard Get-ups (5 & 6) (GU 9) (Choke Wrist Pin)
6	Stop-Block-Frame (3 Variations) (GU 10) Punch Defense (GU 11) (Clinch Entry)
7	Punch Block Series (GU 7) (Stages 1-5)
8	Elbow Escape (GU 14) (Standard Heel Drag Face Down) Guillotine Choke (Guard) (GU 12)
9	Rear Choke Defenses (2 Variations) (GU 17) Drag Defenses (GU 19) (Wrist Drag Ankle Drag)
10	Rear Bear Hug Defenses (2 Variations) (GU 17) Guillotine Choke (GU 16) (Standing Guard Pull)
11	Hair Grab Defenses (GU 13) (Standing Guard Guard Pull Hair Drag)
12	Weapon Defenses (GU 18) (Straight Armlock Kimura Armlock)
13	Shrimp Escape (GU 15) (Block & Shoot Shrimp & Shoot Rider) Shirt Choke (GU 12)
14	Advanced Guard Get-ups (7, 8 & 9) (GU 20) (Direct Get-up Knee Shield Power Frame)
15	Rear Naked Choke (GU 16) Triangle Choke (GU 12) (Giant Killer Stage 3)
RD	Standing Reflex Development All standing techniques practiced in combination with one another.
RD	Ground Reflex Development All ground techniques practiced in combination with one another.

WOMEN EMPOWERED®

MARCH

Monday	Friday
3 7:00-8:00pm Class 11	7 7:00-8:00pm Class 12 8:00-9:00pm RD Ground Escape
10 7:00-8:00pm Class 13	14 7:00-8:00pm Class 14
17 7:00-8:00pm Class 15	21 7:00-8:00pm Class 1 8:00-9:00pm RD Ground Survival
24 7:00-8:00pm Class 2	28 7:00-8:00pm Class 3
31 7:00-8:00pm Class 4	

APRIL

Monday	Friday
	4 7:00-8:00pm Class 5 8:00-9:00pm RD Standing
7 7:00-8:00pm Class 6	11 7:00-8:00pm Class 7
14 7:00-8:00pm Class 8	18 7:00-8:00pm Class 9 8:00-9:00pm RD Ground Escape
21 7:00-8:00pm Class 10	25 7:00-8:00pm Class 11
28 7:00-8:00pm Class 12	



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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.

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 speak to a Gracie University student services representative.

Pink Belt Qualification Test

Once you've completed all 20 lessons at least four times, and you're 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. For more information, please see the *Pink Belt Testing Guidelines* sheet.