Standard Wrist Relesses (3 Variations) (GU 2) Trap & Roll Escapes (3, 4 & 5) (GU 4) (Punch Block Wrist Phi Spread Mand)MondayTuesdayWednesdayThursdayFridaySaturdayFront Choke Defenses (3 Variations) (GU 5) Guard Get-ups (1 & 2) (GU 8) (Standard 1 Fabs Surrender)Feb 2425 6-7p RD Class (Standing)2627 6-7p class 828Mar 1 9a - 10a Class 3Inverted Wrist Relesses (4 Variations) (GU 3) Guard Get-ups (5 & 6) (GU 9) (Choke 1 Wrist Phi)46-7p class 1066-7p class 1189a - 10a class 12Super Stap (GU 0) (Choke 1 Wrist Phi)1011 6p-7p class 111213 6-7p class 121415 9a - 10a class 5Stop-Block-Frame (3 Variations) (GU 10) Punch Defense (GU 11) (Clash Eth)186-7p class 1519206-7p class 14229a - 10a class 5Standard Reflex Development All standard Eth-forg Guard Get U12]256-7p class 1526276-7p class 1429 ga - 10a class 5Standard Writh Pring Proceed (GU 12) (Stage 1-5)256-7p class 15206-7p class 15299a - 10a class 6Standard Beflex Development All standard techniques practiced in combination Writh one another.256-7p class 32636-7p class 229 ga - 10a class 7Bebre Kape (GU 12) (Standard 1 Flat Drag Edenses (GU 13) (Standard 1 Flat Drag Edenses (GU 13) (Standard 1 Flat Drag Edense (GU 13) (Standard 1 Flat Drag Edense (GU 13) (Standard 1 Flat Drag Edense (GU 13) (Standard 1	Combat Base (3 Variations) (GU 1)* Trap & Roll Escapes (1 & 2) (GU 4) (Standard Hair Grab)		March – April 2025						
(Punch Block Wrist Pin Spread Hand) Feb 24 25 6-7p RD Class (Standing) 26 27 6-7p Class 8 28 Mar1 9a-10a Class 3 Inverted Wrist Releases (J Wariations) (GU 3) (Standard False Surrender) 4 6-7p Class 9 5 6 6-7p Class 10 7 8 9a-10a Class 4 Stop Block (GU 9) (Brider Heavy Chest) 10 1 6p-7p Class 11 12 13 6-7p Class 12 14 15 9a-10a Class 4 Stop Block Fram ((J Wriations) (GU 9) (Choke Wrist Pin) 10 1 6p-7p Class 11 12 13 6-7p Class 12 14 15 9a-10a Class 5 Stop Block-Fram ((J Wriations) (GU 10) Punch Befense (GU 11) (Clinch Entry) 17 18 6-7p Class 13 19 20 6-7p Class 14 21 29 9a-10a Class 6 Standing Refex Development All standing techniques practiced in combination with one another. 14 25 6-7p Class 15 26 27 6-7p Class 2 28 9a-10a Class 6 Standing Refex Development All standing techniques practiced in combination with one another. 13 Apr1 6-7p Class 1 2 6-7p Class 1 2		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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Line Stap (GO 6) Stard Get-up (S & 6) Choke Wrist Pin)Line Support Class 11Line Support Class 12Class 5Stop-Block-Frame (3 Variations) (GU 10) Tunch Defense (GU 11) Clinch Entry)17186-7p Class 1319206-7p Class 1421229a - 10a Class 6Punch Block Series (GU 7) Stages 1-5)24256-7p Class 1526276-7p RD Class (Ground)2829 9a - 10a Class 7Stape Breze Stages 1-5)31Apr 1 6-7p Class 15236-7p Class 2459a - 10a Class 7Standard Heel Drag Face Down) Sullotine Choke (Guard) (GU 12)786p-7p Class 39106-7p Class 411129a - 10a Class 7Ymath Block Guard (GU 12)786p-7p Class 39106-7p Class 411129a - 10a Class 8	Guard Get-ups (3 & 4) (GU 9)	3		5	1 '	7		9	
Indexter HallonsClass 13Class 14Class 6Class 6Class 6Class 6Class 13Class 13Class 14Class 6Class 13Class 13Class 14Class 6Class 13Class 13Class 14Class 6Class 14Class 6Class 6Class 15Class 15Class 16Class 13Class 16Class 15Class 16Class 17Class 17Class 15Class 16Class 17Class 16Class 15Class 16Class 17Class 17Class 15Class 16Class 17Class 18Class 11Class 17Class 2Class 2Class 18Class 18Class 18Class 19Class 1Class 1Class 1Class 11Class 1Class 1Class 2Class 12Class 1Class 2Class 2Class 13Class 3PClass 4Class 4Class 8Class 8Class 8Class 8Class 8Class 9Class 9Class 9Class 9Class 1Class 9Class 1Class 2Class 1Class 1Class 3Class 1Class 4Class 4Class 8 <t< td=""><td>Guard Get-ups (5 & 6) (GU 9)</td><td>10</td><td></td><td>12</td><td>1 '</td><td>14</td><td></td><td>16</td></t<>	Guard Get-ups (5 & 6) (GU 9)	10		12	1 '	14		16	
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Suillotine Choke (GU 16) Standing Guard Pull)		14	15 6-7p Class 5	16	17 6-7p Class 6	18	19 9a – 10a Class 9	20	
Hair Grab Defenses (GU 13) 21 22 6-7p 23 24 6-7p 25 26 9a - 10a Standing Guard Guard Pull Hair Drag) Class 7 Class (Standing) Class (Standing) Class 10		21		23		25		27	
Veapon Defenses (GU 18) Straight Armlock Kimura Armlock) Total Empowerment in 20 Lessons!	•	Total Empowe	rment in 20 Lessons!	<u> </u>		<u> </u>	1		

The 20 techniques have been strategically divided into 15 one-hour classes. No experience is necessary, 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 GracieUniversity.com, so you can watch your lessons from any computer or mobile device. You also get access our free GymDesk mobile app that allows you to track attendance on your "digital attendance card" and get 60-second class preview videos so you know what you'll be learning in each class! If you have trouble accessing these benefits, please speak to a 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.

Bring a Friend to Class!

If you love the Women Empowered classes, invite your friends and family to try one with you. We won't charge them for the class, and we'll make sure they have a great

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

Ground Reflex Development RD

Rear Naked Choke (GU 16)

Triangle Choke (GU 12)

(Giant Killer | Stage 3)

Shirt Choke (GU 12)

15

Classes

1

2

3

4

5

6

7

RD

8

9

10

11

12

13

14

15

20 Essential Techniques

All ground techniques practiced in combination with one another.

(Block & Shoot | Shrimp & Shoot | Rider)

Advanced Guard Get-ups (7, 8 & 9) (GU 20)

(Direct Get-up | Knee Shield | Power Frame)