



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

## SEPTEMBER / OCTOBER / NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SEPTEMBER 23</b>	24 <b>CLASS 4</b> 7:00PM – 8:00PM	25	26	27	28 <b>CLASS 5</b> 9:00AM – 10:00AM	29
30	<b>OCTOBER 1 CLASS 6</b> 7:00PM – 8:00PM	2	3	4	5 <b>CLASS 7</b> 9:00AM – 10:00AM	6
7	8 <b>RD STANDING</b> 7:00PM – 8:00PM	9	10	11	12 <b>CLASS 8</b> 9:00AM – 10:00AM	13
14	15 <b>CLASS 9</b> 7:00PM – 8:00PM	16	17	18	19 <b>CLASS 10</b> 9:00AM – 10:00AM	20
21	22 <b>CLASS 11</b> 7:00PM – 8:00PM	23	24	25	26 <b>CLASS 12</b> 9:00AM – 10:00AM	27
28	29 <b>CLASS 13</b> 7:00PM – 8:00PM	30	31 <b>CLOSED</b>	<b>NOVEMBER 1</b>	2 <b>CLASS 14</b> 9:00AM – 10:00AM	3
4	5 <b>CLASS 15</b> 7:00PM – 8:00PM	6	7	8	9 <b>RD GROUND</b> 9:00AM – 10:00AM	10
11 <b>CLOSED</b>	12 <b>CLASS 1</b> 7:00PM – 8:00PM	13	14	15	16 <b>CLASS 2</b> 9:00AM- 10:00AM	17
18	19 <b>CLASS 3</b> 7:00PM – 8:00PM	20	21	23	23 <b>CLASS 4</b> 9:00AM – 10:00AM	24

### Total Empowerment in 20 Lessons! **WE WILL BE CLOSED ON THURSDAY, OCTOBER 31 AND MONDAY NOVEMBER 11<sup>TH</sup>, 2024**

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.

### 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 Jiu-Jitsu San Dimas representative.

\*Parenthesis indicate corresponding video lesson number on GracieUniversity.com