

# WOMEN EMPOWERED®

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

| March 2025 |        |         |           |                                               |        |                          |
|------------|--------|---------|-----------|-----------------------------------------------|--------|--------------------------|
| Sunday     | Monday | Tuesday | Wednesday | Thursday                                      | Friday | Saturday                 |
|            |        |         |           |                                               |        | 1<br>Class 9 – 9:30 am   |
| 2          | 3      | 4       | 5         | 6<br>Class 10 – 6:00 pm<br>(Bring a Friend)   | 7      | 8<br>Class 11 – 9:30 am  |
| 9          | 10     | 11      | 12        | 13<br>Class 12 – 6:00 pm<br>(Bring a Friend)  | 14     | 15<br>Class 13 – 9:30 am |
| 16         | 17     | 18      | 19        | 20<br>Class 14 – 6:00 pm<br>(Bring a Friend)  | 21     | 22<br>Class 15 – 9:30 am |
| 23         | 24     | 25      | 26        | 27<br>RD-Ground – 6:00 pm<br>(Bring a Friend) | 28     | 29                       |

## Total Empowerment in 15 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 lessons. Absolutely no experience is necessary to participate in any class, and the 15 lessons can be completed in any order.

## Reflex Development Class (RD Class)

In RD classes, students who have attended all 15 lessons (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 lessons will spend this class reviewing past techniques.

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