



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 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
- NO CLASSES - LABOR DAY	3	4 7:00p – 8:00p Class 12	5	6	7	8
9 7:00p – 8:00p Class 13	10	11 7:00p – 8:00p Class 14	12	13	14	15
16 7:00p – 8:00p Class 15	17	18 7:00p – 8:00p RD Class – Ground Focus (Survival)	19	20	21	22 CHET SCHEMAHORN SEMINARS!
23 7:00p – 8:00p Class 1	24	25 7:00p – 8:00p Class 2	26	27	28	29
30 7:00p – 8:00p Class 3	OCTOBER 1	2 7:00p – 8:00p Class 4	3	4	5	6
7 7:00p – 8:00p Class 5	8	9 7:00p – 8:00p Class 6	10	11	12	13
14 7:00p – 8:00p Class 7	15	16 7:00p – 8:00p RD Class-Standing	17	18	19	20
21 7:00p – 8:00p Class 8	22	23 7:00p – 8:00p Class 9	24	25	26	27
28 7:00p – 8:00p Class 10	29	30 7:00p – 8:00p Class 11	31			

**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. Those who have not yet attended all 15 classes will spend this class reviewing past techniques.

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