

# Women Empowered®

## THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

10 Classes	15 Essential Techniques
1	<b>Combat Base</b> (Base Get-up   Push/Pull) <b>Wrist Release Standard</b> (1 on 1   2 on 1   2 on 2) <b>Trap &amp; Roll Escape</b> (Standard   Punch Block)
2	<b>Front Choke Defenses</b> (Standard   Wall Pin) <b>Guard Get-up</b> (Standard   Super Lock)
3	<b>Wrist Releases (Inverted)</b> (1 on 1   2 on 1   2 on 2   Low 1 on 1) <b>Trap &amp; Roll Extras</b> (Spread Hand   Wrist Pin)
4	<b>Super Slap</b> (Front Choke   2 on 1 Wrist Release) <b>Guard Get-up 2</b> (PBS Stage 1   Heavy Chest)
5	<b>Stop-Block-Frame</b> (Distance   Block & Move   Frame) <b>Guard Get-up 3</b> (Wrist Pin   Choke Variation)
6	<b>Punch Protection</b> (Distance Control   Clinch) <b>Elbow Escape</b> (Standard   Heel Drag)
7	<b>Rear Attack Defense 1</b> (Rear Choke) <b>Guillotine Choke</b> (Standing   Guard Pull   Sitting)
8	<b>Rear Attack Defense 2</b> (Rear Bear Hug) <b>Weapon Defense 1</b> (Kimura Knife   Gun)
9	<b>Hair Grab Defenses</b> (Standing   Mount   Guard) <b>Weapon Defense 2</b> (Straight Armlock Knife   Gun)
10	<b>Rear Naked Choke</b> (Back Mount w/ Hooks) <b>Triangle Choke</b> (Giant Killer   Wrist Pin   Choke Variation)
RD	<b>Reflex Development Class</b> Once you complete each lesson (1-10) at least once, you qualify for RD classes.

## April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>CLOSED PUBLIC HOLIDAY</b>	3	4 6pm-7pm <b>Class 9</b>	5	6	7
9 9am-10am <b>Class 10</b>	10	11 6pm-7pm <b>Class 10</b>	12	13	14
16 9am-10am <b>Class RD</b>	17	18 6pm-7pm <b>Class RD</b>	19	20	21
23 9am-10am <b>Class 1</b>	24	25 6pm-7pm <b>Class 1</b>	26	27 <b>CLOSED PUBLIC HOLIDAY</b>	28
30 9am-10am <b>Class 2</b>	1 MAY <b>CLOSED PUBLIC HOLIDAY</b>	2 6pm-7pm <b>Class 2</b>	3	4	5

### Total Empowerment in 10 Lessons!

The *Women Empowered* program features 15 time-tested techniques that were developed to counter the most common types of assault on women. The 15 techniques have been strategically divided into 10 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 10 lessons can be completed in any order.

### Reflex Development Class (RD Class)

Once you complete each lesson (1-10) at least once, you qualify to attend the RD Classes. This is where you will learn the advanced techniques and combinations that will sharpen your reflexes and boost your confidence to the next level!

### 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 trouble accessing your lessons online, please speak to a Gracie Academy student services representative.

### Pink Belt Qualification Test

Once you've completed all 10 lessons at least four times, and your reflexes are ultra-sharp, 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* handout.