

WOMEN EMPOWERED®

APR/MAY 2025

MAY/JUN 2025

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

Friday	Saturday
18 Apr Easter Break we are close	19 Easter Break we are close
25 Class 11 - 5:30pm - 6:30pm	26 Class 12 - 3:00pm - 4:00pm
2 May Class 13 - 5:30pm - 6:30pm	3 Class 14 - 3:00pm - 4:00pm
9 Class 15 - 5:30pm - 6:30pm	10 RD Class - 3:00pm - 4:00pm Ground Reflex Development
16 Class 1 - 5:30pm - 6:30pm	17 Class 2 - 2:00pm - 3:00pm

Friday	Saturday
23 may Class 3 - 5:30pm - 6:30pm	24 Class 4 - 2:30pm - 3:30pm
30 Class 5 - 5:30pm - 6:30pm	31 Class 6 - 3:00pm - 4:00pm
6 June Class 7 - 5:30pm - 6:30pm	7 RD Class - 3:00pm - 4:00pm Standing Reflex Development
13 Class 8 - 5:30pm - 6:30pm	14 Class 9 - 3:00pm - 4:00pm
20 Class 10 - 5:30pm - 6:30pm	21 Class 11 - 2:00pm - 3:00pm

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

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