15 Classes	20 Essential Techniques	March 2024						
	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block   Wrist Pin   Spread Hand)	25	26	27 5:30p - 6:30p	28	29	1	2 11:00a - 12:00p
	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard   False Surrender)			Class 7				Class 8 + RD (G2) Bring a Friend!
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider   Heavy Chest)	3	4	5 5:30p - 6:30p	6	7	8	9 11:00a - 12:00p
	Super Slap Guard Get-ups (5 & 6) (Choke   Wrist Pin)			Class 8				Class 9 Bring a Friend!
	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	10	11	12 5:30p - 6:30p	13	14	15	16 11:00a - 12:00p
7	Punch Block Series (Stages 1-5)			Class 10				Class 11 Bring a Friend!
RD	Standing Reflex Development All standing techniques practices in combination with one another.	17	18	19 5:30p - 6:30p	20	21	22	23 11:00a - 12:00p
8	Elbow Escape (Standard   Heel Drag   Face Down) Guillotine Choke (Guard)			Class 12				Class 13 Bring a Friend!
	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag   Ankle Drag)	24	25	26 5:30p - 6:30p	27	28	29	30 11:00a - 12:00p
	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing   Guard Pull)			Class 14				Class 15 + RD (Standing) Bring a Friend!
11	Hair Grab Defenses (Standing   Guard   Guard Pull   Hair Drag)	31	1	2 5:30p - 6:30p	3	4	5	6 11:00a - 12:00p
12	Weapon Defenses (Straight Armlock   Kimura Armlock)			Class 15				Class 1 Bring a Friend!
	Shrimp Escape (Block & Shoot   Shrimp & Shoot   Rider) Shirt Choke	Total Empowerment in 20 L The Women Empowered c		techniques that were develope	d to counter the most common ty	rpes of assaults on women. The	20 techniques have been	1

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 & Boost Progress!

Advanced Guard Get-ups (7, 8 & 9)

Rear Naked Choke

with one another.

(Giant Killer | Stage 3) Ground Reflex Development

Triangle Choke

(Direct Get-up | Knee Shield | Power Frame)

All ground techniques practices in combination

14

15

RD

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### Pink Belt Qualification Test

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15 asses	20 Essential Techniques	April 2024						
	Combat Base (3 Variations)							
1	Trap & Roll Escapes (1 & 2)							
	(Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Standard Wrist Releases (3 Variations)	31	1	2	3	4	5	6
2	Trap & Roll Escapes (3, 4 & 5)			5:30p - 6:30p				11:00a - 12:00p
	(Punch Block   Wrist Pin   Spread Hand)							
3	Front Choke Defences (3 Variations)			Class 15				Class 1
3	Guard Get-ups (1 & 2) (Standard   False Surrender)							Bring a Friend!
	Inverted Wrist Releases (4 Variations)	-	8		10		12	
4	Guard Get-ups (3 & 4)		8	9	10	11	12	13
-	(Rider   Heavy Chest)			5:30p - 6:30p				11:00a - 12:00p
	Super Slap	11		Class 2				Class 3
5	Guard Get-ups (5 & 6)							
	(Choke   Wrist Pin)							Bring a Friend!
	Stop-Block-Frame (3 Variations)	14	15	16	17	18	19	20
6	Punch Protection	11		5:30p - 6:30p				11:00a - 12:00p
	(Clinch Entry)			5:30p - 8:30p				11:00d - 12:00p
	Punch Block Series			Class 4				Class 5
7	(Stages 1-5)							Bring a Friend!
		-						-
RD	Standing Reflex Development	21	22	23	24	25	26	27
ĸD	All standing techniques practices in combination with one another.			5:30p - 6:30p				11:00a - 12:00p
	Elbow Escape			Class (				Claux 7
8	(Standard   Heel Drag   Face Down)			Class 6				Class 7
-	Guillotine Choke (Guard)							Bring a Friend!
	Rear Choke Defenses (2 Variations)	28	29	30	1	2	3	4
	Drag Defenses	20	27			2	5	-
	(Wrist Drag   Ankle Drag)			5:30p - 6:30p				11:00a - 12:00p
	Rear Bear Hug Defenses (2 Variations)			Class 8 + RD (G1)				Class 8
10	Guillotine Choke							Bring a Friend!
	(Standing   Guard Pull)							billig a mena:
	Unit Cash Defenses	5	6	7	8	9	10	11
	Hair Grab Defenses (Standing   Guard   Guard Pull   Hair Drag)			5:30p - 6:30p				11:00a - 12:00p
11	(Standing   Guara   Guara Puli   Half Drag)	41		· · ·				
	Weapon Defenses			Class 9				Class 10
12	(Straight Armlock   Kimura Armlock)							Bring a Friend!
	Shrimp Escape	┥└────	1	I	L.		I	•
	(Block & Shoot   Shrimp & Shoot   Rider)	Total Empowerment in 20 I	assand					
13	Shirt Choke			I techniques that were developed	to counter the most common h	roos of assaults on women. The	20 techniques have been	
-				no experience is necessary to parti				
	Advanced Guard Get-ups (7, 8 & 9)	,,		, in parts	.,,,			
	Las a solution and a solution of the solution	1						

### 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 & Boost Progress!

14

15

RD

(Direct Get-up | Knee Shield | Power Frame)

All ground techniques practices in combination

Rear Naked Choke

(Giant Killer | Stage 3) Ground Reflex Development

Triangle Choke

with one another.

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asses	20 Essential Techniques	May 2024						
	Combat Base (3 Variations)							
1	Trap & Roll Escapes (1 & 2)					-		<b>6</b> .1.1.
	(Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Standard Wrist Releases (3 Variations)	28	29	30	1	2	3	4
2	Trap & Roll Escapes (3, 4 & 5)			5:30p - 6:30p				11:00a - 12:00p
	(Punch Block   Wrist Pin   Spread Hand) Front Choke Defences (3 Variations)							
3	Guard Get-ups (1 & 2)			Class 8 + RD (G1)				Class 8
°.	(Standard   False Surrender)							Bring a Friend!
	Inverted Wrist Releases (4 Variations)	5	6	7	8	0	10	11
4	Guard Get-ups (3 & 4)	5	8	,	0	7	10	1
	(Rider   Heavy Chest)			5:30p - 6:30p				11:00a - 12:00p
	Super Slap			Class 9				Class 10
5	Guard Get-ups (5 & 6)							Bring a Friend!
	(Choke   Wrist Pin)	-						-
	Stop-Block-Frame (3 Variations)	12	13	14	15	16	17	18
6	Punch Protection			5:30p - 6:30p				11:00a - 12:00p
	(Clinch Entry)							
7	Punch Block Series			Class 11				Class 12
	(Stages 1-5)							Bring a Friend!
	Standing Reflex Development	19	20	21	22	23	24	25
RD	All standing techniques practices in		20	5:30p - 6:30p				11:00a - 12:00p
	combination with one another.			5:30p - 8:30p				11:00d - 12:00p
	Elbow Escape			Class 13				Class 14
8	(Standard   Heel Drag   Face Down)							Bring a Friend!
	Guillotine Choke (Guard)							2
9	Rear Choke Defenses (2 Variations) Drag Defenses	26	27	28	29	30	31	1
'	(Wrist Drag   Ankle Drag)			5:30p - 6:30p				11:00a - 12:00p
	Rear Bear Hug Defenses (2 Variations)	1	MEMORIAL DAY	Class 15 + RD (G2)				Class 15
10	Guillotine Choke		MEMORIAL DAT	Cluss 15 + KD (G2)				
	(Standing   Guard Pull)							Bring a Friend!
		2	3	4	5	6	7	8
	Hair Grab Defenses			5:30p - 6:30p	-			11:00a - 12:00p
11	(Standing   Guard   Guard Pull   Hair Drag)	41		· · ·				
	Weapon Defenses			Class 1				Class 2
12	(Straight Armlock   Kimura Armlock)							Bring a Friend!
14	Shrimp Escape	L		1		1		•
	(Block & Shoot   Shrimp & Shoot   Rider)	Total Empowerment in 20 L	orroppi					
	Index a shoot particip a shoot p kidel)	roidi Linpoweimeni in 20 L	C330113:	techniques that were developed				

## 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 & Boost Progress!

14

15

RD

(Direct Get-up | Knee Shield | Power Frame)

All ground techniques practices in combination

Rear Naked Choke

with one another.

(Giant Killer | Stage 3) Ground Reflex Development

Triangle Choke

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15 Classes	20 Essential Techniques	June 2024						
	Combat Base (3 Variations)							
1	Trap & Roll Escapes (1 & 2)	Curradana.	14 cm d m c	Turnadau	We do a day.	The same of an a	End al an a	Caturday.
	(Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Standard Wrist Releases (3 Variations)	26	27	28	29	30	31	1
2	Trap & Roll Escapes (3, 4 & 5)			5:30p - 6:30p				11:00a - 12:00p
	(Punch Block   Wrist Pin   Spread Hand)							
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2)		MEMORIAL DAY	Class 15 + RD (G2)				Class 15
Ũ	(Standard   False Surrender)							Bring a Friend!
	Inverted Wrist Releases (4 Variations)	2	3	4	5	6	7	8
4	Guard Get-ups (3 & 4)	2	3	4	5	0	/	0
	(Rider   Heavy Chest)			5:30p - 6:30p				11:00a - 12:00p
	Super Slap			Class 1				Class 2
5	Guard Get-ups (5 & 6)							Bring a Friend!
	(Choke   Wrist Pin)							Bring a Friend!
	Stop-Block-Frame (3 Variations)	9	10	11	12	13	14	15
6	Punch Protection			5:30p - 6:30p				11:00g - 12:00p
	(Clinch Entry)							
7	Punch Block Series			Class 3				Class 4
'	(Stages 1-5)							Bring a Friend!
	Standing Reflex Development	16	17	18	19	20	21	22
RD	All standing techniques practices in			5:30p - 6:30p		-		11:00a - 12:00p
	combination with one another.	41						· ·
	Elbow Escape			Class 5				Class 6
8	(Standard   Heel Drag   Face Down)							Bring a Friend!
	Guillotine Choke (Guard) Rear Choke Defenses (2 Variations)				26			
9	Drag Defenses	23	24	25	26	27	28	29
	(Wrist Drag   Ankle Drag)			5:30p - 6:30p				11:00a - 12:00p
	Rear Bear Hug Defenses (2 Variations)	71		Class 7				Class 8 + RD (Standing
	Guillotine Choke							
	(Standing   Guard Pull)							Bring a Friend!
		30	1	2	3	4	5	6
	Hair Grab Defenses			- 5:30p - 6:30p				11:00a - 12:00p
11	(Standing   Guard   Guard Pull   Hair Drag)	41						•
	We we are Defense			Class 8				Class 9
12	Weapon Defenses (Straight Armlock   Kimura Armlock)							Bring a Friend!
			1	1	1		1	
	Shrimp Escape (Block & Shoot   Shrimp & Shoot   Rider)	Total Francisco at in 00 l						
13	Shirt Choke	Total Empowerment in 20 L		techniques that were developed	to counter the most common to	roos of assaults on woman The	20 techniques have been	
				no experience is necessary to parti				
	Advanced Guard Get-ups (7, 8 & 9)	sharegically alvided INIO I	5 one-nour classes. Absolutely r	io experience is necessary to parti	cipare in any class, and the 20 le	ssons can be completed in ar	iy oldel.	

## 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 & Boost Progress!

14

15

RD

(Direct Get-up | Knee Shield | Power Frame)

All ground techniques practices in combination

Rear Naked Choke

with one another.

(Giant Killer | Stage 3) Ground Reflex Development

Triangle Choke

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15 Classes	20 Essential Techniques	July 2024						
	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block   Wrist Pin   Spread Hand)	30	1	2 5:30p - 6:30p	3	4	5	6 11:00a - 12:00p
	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard   False Surrender)			Class 8				Class 9 Bring a Friend!
	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider   Heavy Chest)	7	8 9 5:30p - 6:30p Class 10	9 5:30p - 6:30p	10	11	12	13 11:00a - 12:00p
	Super Slap Guard Get-ups (5 & 6) (Choke   Wrist Pin)						Class 11 Bring a Friend!	
	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	14	15	16 5:30p - 6:30p	17 CLOSED	18 CLOSED	19 CLOSED	20 CLOSED
7	Punch Block Series (Stages 1-5)			Class 12				
	Standing Reflex Development All standing techniques practices in combination with one another.	21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED	25	26	27 11:00a - 12:00p
8	Elbow Escape (Standard   Heel Drag   Face Down) Guillotine Choke (Guard)							Class 13 Bring a Friend!
	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag   Ankle Drag)	28	29	30 5:30p - 6:30p	31	1	2	3 11:00a - 12:00p
	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing   Guard Pull)			Class 14				Class 15 + RD (G1) Bring a Friend!
	Hair Grab Defenses (Standing   Guard   Guard Pull   Hair Drag)	4	5	6 5:30p - 6:30p	7	8	9	10 11:00a - 12:00p
	Weapon Defenses (Straight Armlock   Kimura Armlock)			Class 15				Class 1 Bring a Friend!
	Shrimp Escape (Block & Shoot   Shrimp & Shoot   Rider) Shirt Choke	Total Empowerment in 20 Lo		techniques that were develope	d to counter the most common ty	rpes of assaults on women. The	20 techniques have been	
	Advanced Guard Get-ups (7, 8 & 9)				ticipate in any class, and the 20 k			

## 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 & Boost Progress!

Rear Naked Choke

(Giant Killer | Stage 3) Ground Reflex Development

All ground techniques practices in combination

Triangle Choke

RD with one another.

15

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15 asses	20 Essential Techniques	August 2024						
	Combat Base (3 Variations)							
1	Trap & Roll Escapes (1 & 2)					-		
	(Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Standard Wrist Releases (3 Variations)	28	29	30	31	1	2	3
2	Trap & Roll Escapes (3, 4 & 5)			5:30p - 6:30p				11:00a - 12:00p
	(Punch Block   Wrist Pin   Spread Hand) Front Choke Defences (3 Variations)	4						
	Guard Get-ups (1 & 2)			Class 14				Class 15 + RD (G1)
	(Standard   False Surrender)							Bring a Friend!
	Inverted Wrist Releases (4 Variations)	4	5	6	7	8	0	10
	Guard Get-ups (3 & 4)	-	5	0	<i>'</i>	8	,	1.4
	(Rider   Heavy Chest)			5:30p - 6:30p				11:00a - 12:00p
	Super Slap			Class 15				Class 1
5	Guard Get-ups (5 & 6)							Bring a Friend
	(Choke   Wrist Pin)							-
	Stop-Block-Frame (3 Variations) Punch Protection	11	12	13	14	15	16	17
,	(Clinch Entry)			5:30p - 6:30p				11:00a - 12:00p
		1		Class 2				Class 3
7	Punch Block Series			Class 2				
	(Stages 1-5)							Bring a Friend!
	Standing Reflex Development	18	19	20	21	22	23	24
D	All standing techniques practices in			5:30p - 6:30p				11:00a - 12:00p
	combination with one another.	4						
8	Elbow Escape			Class 4				Class 5
0	(Standard   Heel Drag   Face Down) Guillotine Choke (Guard)							Bring a Friend!
	Rear Choke Defenses (2 Variations)	25	26	27	28	29	30	31
	Drag Defenses	23	20		20	27	30	
	(Wrist Drag   Ankle Drag)			5:30p - 6:30p				11:00a - 12:00p
	Rear Bear Hug Defenses (2 Variations)	]		Class 6+ RD (G2)				Class 6
0	Guillotine Choke							Bring a Friend!
	(Standing   Guard Pull)	l						bing a mena.
	Hair Grab Defenses	1	2	3	4	5	6	7
	(Standing   Guard   Guard Pull   Hair Drag)			5:30p - 6:30p				11:00a - 12:00p
		1		Class 7				Class 8
	Weapon Defenses			Class 7				
2	(Straight Armlock   Kimura Armlock)							Bring a Friend!
	Shrimp Escape	1			· ·			
	(Block & Shoot   Shrimp & Shoot   Rider)	Total Empowerment in 20 Le	ssons!					
3	Shirt Choke	The Warner Empowered pr	aram features 20 time tested	techniques that were developed	to counter the most common h	roos of assaults on women. The	20 techniques have been	

## 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 & Boost Progress!

14

15

RD

(Direct Get-up | Knee Shield | Power Frame)

All ground techniques practices in combination

Rear Naked Choke

with one another.

(Giant Killer | Stage 3) Ground Reflex Development

Triangle Choke

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15 asses	20 Essential Techniques	September 20	024					
	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2)							
'	(Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Standard Wrist Releases (3 Variations)	1	2	3	4	5	6	7
	Trap & Roll Escapes (3, 4 & 5)	.	-	5:30p - 6:30p	7	5	Ŭ	11:00a - 12:00p
	(Punch Block   Wrist Pin   Spread Hand)							•
	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2)			Class 7				Class 8 Bring a Frien
•	(Standard   False Surrender)							
	Inverted Wrist Releases (4 Variations)	8	9	10	11	12	13	14
4	Guard Get-ups (3 & 4)			5:30p - 6:30p				11:00a - 12:00p
	(Rider   Heavy Chest)	-						•
	Super Slap Guard Get-ups (5 & 6)			Class 9				Class 10
	(Choke   Wrist Pin)							Bring a Friend!
	Stop-Block-Frame (3 Variations)	15	16	17	18	19	20	21
6	Punch Protection			5:30p - 6:30p	_			11:00g - 12:00p
	(Clinch Entry)							
7	Punch Block Series			Class 11				Class 12
	(Stages 1-5)							Bring a Friend!
	Standing Reflex Development	22	23	24	25	26	27	28
RD	All standing techniques practices in			5:30p - 6:30p				11:00a - 12:00p
	combination with one another. Elbow Escape							•
8	(Standard   Heel Drag   Face Down)			Class 13 + RD (Stand	ling)			Class 13
-	Guillotine Choke (Guard)							Bring a Friend!
	Rear Choke Defenses (2 Variations)	29	30	1	2	3	4	5
9	Drag Defenses			5:30p - 6:30p				11:00a - 12:00p
	(Wrist Drag   Ankle Drag) Rear Bear Hug Defenses (2 Variations)	- 1		Class 14				Class 15
	Guillotine Choke							
	(Standing   Guard Pull)							Bring a Friend!
	Unit Crat Defenses	6	7	8	9	10	11	12
11	Hair Grab Defenses (Standing   Guard   Guard Pull   Hair Drag)			5:30p - 6:30p				11:00a - 12:00p
		1		Class 1				Class 2
	Weapon Defenses							
	(Straight Armlock   Kimura Armlock)							Bring a Friend!
	Shrimp Escape							
13	(Block & Shoot   Shrimp & Shoot   Rider) Shirt Choke	Total Empowerment in 20 L		4			00 to o bosicione de sua de sua	
-	Shin Choke	1 me women Empowered p	nogram reatures zu timé-tested	recrimques mai were aeveloper	d to counter the most common ty	ypes or assaults on wornen. The	zu rechniques nave been	

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### Log-on & Boost Progress!

14

15

(Direct Get-up | Knee Shield | Power Frame)

All ground techniques practices in combination

Rear Naked Choke

(Giant Killer | Stage 3) Ground Reflex Development

Triangle Choke

RD with one another.

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## Pink Belt Qualification Test

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15 asses	20 Essential Techniques	October 2024						
	Combat Base (3 Variations)							
1	Trap & Roll Escapes (1 & 2)							
	(Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Standard Wrist Releases (3 Variations)	29	30	1	2	3	4	5
2	Trap & Roll Escapes (3, 4 & 5)			5:30p - 6:30p				11:00a - 12:00p
	(Punch Block   Wrist Pin   Spread Hand)	41						
	Front Choke Defences (3 Variations)			Class 14				Class 15
3	Guard Get-ups (1 & 2) (Standard   False Surrender)							Bring a Friend!
	Inverted Wrist Releases (4 Variations)			8	0	10		12
	Guard Get-ups (3 & 4)	6	/	0	9	10	11	1
-	(Rider   Heavy Chest)			5:30p - 6:30p				11:00a - 12:00p
	Super Slap	11		Class 1				Class 2
	Guard Get-ups (5 & 6)							
	(Choke   Wrist Pin)							Bring a Friend!
	Stop-Block-Frame (3 Variations)	13	14	15	16	17	18	19
6	Punch Protection			5:30p - 6:30p				11:00g - 12:00p
	(Clinch Entry)	41						
_	Punch Block Series			Class 3				Class 4
7	(Stages 1-5)							Bring a Friend!
	Standing Reflex Development	20	21	22	23	24	25	26
RD	All standing techniques practices in	20	21		23	24	25	
	combination with one another.			5:30p - 6:30p				11:00a - 12:00p
	Elbow Escape	11		Class 5				Class 6 + RD (G1)
8	(Standard   Heel Drag   Face Down)							Bring a Friend!
	Guillotine Choke (Guard)							Bring a mena:
	Rear Choke Defenses (2 Variations)	27	28	29	30	31	1	2
9	Drag Defenses			5:30p - 6:30p				11:00a - 12:00p
	(Wrist Drag   Ankle Drag)	41						
	Rear Bear Hug Defenses (2 Variations)			Class 6				Class 7
10	Guillotine Choke (Standing   Guard Pull)							Bring a Friend!
	(standing   Guara Puli)		-					•
	Hair Grab Defenses	3	4	5	Ô	/	8	· ·
11	(Standing   Guard   Guard Pull   Hair Drag)			5:30p - 6:30p				11:00a - 12:00p
		11		Class 8				Class 9
	Weapon Defenses			Cluss 8				
12	(Straight Armlock   Kimura Armlock)							Bring a Friend!
	Shrimp Escape							
	(Block & Shoot   Shrimp & Shoot   Rider)	Total Empowerment in 20 L	essons!					
13	Shirt Choke				d to counter the most common ty			
		strategically divided into 15	one-hour classes. Absolutely n	o experience is necessary to par	ticipate in any class, and the 20 le	essons can be completed in an	y order.	
	Advanced Guard Get-ups (7, 8 & 9)							

### 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 & Boost Progress!

14

15

RD

(Direct Get-up | Knee Shield | Power Frame)

All ground techniques practices in combination

Rear Naked Choke

with one another.

(Giant Killer | Stage 3) Ground Reflex Development

Triangle Choke

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15 lasses	20 Essential Techniques	November 20	24					
43363	Combat Base (3 Variations)							
1	Trap & Roll Escapes (1 & 2)							
	(Standard   Hair Grab)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Standard Wrist Releases (3 Variations)	27	28	29	30	31	1	2
2	Trap & Roll Escapes (3, 4 & 5)	2,	20		50	0.		-
	(Punch Block   Wrist Pin   Spread Hand)			5:30p - 6:30p				11:00a - 12:00p
	Front Choke Defences (3 Variations)			Class 6				Class 7
3	Guard Get-ups (1 & 2)							Bring a Friend!
	(Standard   False Surrender)							Billig a mena:
	Inverted Wrist Releases (4 Variations)	3	4	5	6	7	8	9
l.	Guard Get-ups (3 & 4)			5:30p - 6:30p				11:00a - 12:00p
	(Rider   Heavy Chest)	-						
	Super Slap			Class 8				Class 9
5	Guard Get-ups (5 & 6)							Bring a Friend!
	(Choke   Wrist Pin)	-						
5	Stop-Block-Frame (3 Variations)	10	11	12	13	14	15	16
)	Punch Protection			5:30p - 6:30p				11:00g - 12:00p
	(Clinch Entry)							
7	Punch Block Series			Class 10				Class 11
<i>'</i>	(Stages 1-5)							Bring a Friend!
	Standing Reflex Development	17	18	19	20	21	22	23
D	All standing techniques practices in			5:30p - 6:30p				11:00a - 12:00p
	combination with one another.			5.30p - 8.30p				11:000 - 12:000
	Elbow Escape			Class 12				Class 13 + RD (G2)
8	(Standard   Heel Drag   Face Down)							Bring a Friend!
	Guillotine Choke (Guard)							billig a mena:
	Rear Choke Defenses (2 Variations)	24	25	26	27	28	29	30
7	Drag Defenses			5:30p - 6:30p				
	(Wrist Drag   Ankle Drag)	41						
0	Rear Bear Hug Defenses (2 Variations)			Class 13				HOLIDAY CLOSURE
0	Guillotine Choke							
	(Standing   Guard Pull)	-	-	-		-		
	Hair Grab Defenses	1	2	3	4	5	6	7
1	(Standing   Guard   Guard Pull   Hair Drag)			5:30p - 6:30p				11:00a - 12:00p
		11		Class 14				Class 15
	Weapon Defenses			Class 14				Class 15
2	(Straight Armlock   Kimura Armlock)							Bring a Friend!
	Shrimp Escape		1	1	1	1	1	1
	(Block & Shoot   Shrimp & Shoot   Rider)	Total Empowerment in 20 Le	ssonsl					
3	Shirt Choke			techniques that were develope	d to counter the most common t	vices of assaults on women. The	20 techniques have been	
					ticipate in any class, and the 201			
	Advanced Guard Get-ups (7, 8 & 9)	sindingically divided into the	5.15 1.65. Classes. / D3010101 / 1	e experience is necessary to par	incipate in any class, and the zon		.,	

### Reflex Development Class (RD Class)

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14

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RD

(Direct Get-up | Knee Shield | Power Frame)

All ground techniques practices in combination

Rear Naked Choke

(Giant Killer | Stage 3) Ground Reflex Development

Triangle Choke

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isses	20 Essential Techniques	December 20	24					
	Combat Base (3 Variations)							
1	Trap & Roll Escapes (1 & 2)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(Standard   Hair Grab) Standard Wrist Releases (3 Variations)	Jonady		litesday	weathesday			-
	Trap & Roll Escapes (3, 4 & 5)		2	3	4	5	6	/
	(Punch Block   Wrist Pin   Spread Hand)			5:30p - 6:30p				11:00a - 12:00p
	Front Choke Defences (3 Variations)			Class 14				Class 15
3	Guard Get-ups (1 & 2)							Bring a Friend!
	(Standard   False Surrender)	-						-
	Inverted Wrist Releases (4 Variations)	8	9	10	11	12	13	14
4	Guard Get-ups (3 & 4) (Rider   Heavy Chest)			5:30p - 6:30p				11:00a - 12:00p
	Super Slap			Class 1				Class 2
	Guard Get-ups (5 & 6)							
	(Choke   Wrist Pin)							Bring a Friend!
	Stop-Block-Frame (3 Variations)	15	16	17	18	19	20	21
6	Punch Protection		-	5:30p - 6:30p	-			11:00g - 12:00p
	(Clinch Entry)	-						
7	Punch Block Series			Class 3				Class 4
	(Stages 1-5)							Bring a Friend!
	Standing Reflex Development	22	23	24	25	26	27	28
D	All standing techniques practices in			[	-•			
	combination with one another.							
	Elbow Escape			HOLIDAY CLOSURE				HOLIDAY CLOSUR
8	(Standard   Heel Drag   Face Down)							
	Guillotine Choke (Guard) Rear Choke Defenses (2 Variations)	29	30	31	1	2	3	4
	Drag Defenses	29	30	31	1	2	3	4
	(Wrist Drag   Ankle Drag)							11:00a - 12:00p
	Rear Bear Hug Defenses (2 Variations)			HOLIDAY CLOSURE				Class 5
10	Guillotine Choke							Bring a Friend!
	(Standing   Guard Pull)							-
	Hair Grab Defenses	5	6	6	7	8	9	10
	(Standing   Guard   Guard Pull   Hair Drag)			5:30p - 6:30p				11:00a - 12:00p
		1		Class ( + PD (Standing)				Class 6
	Weapon Defenses			Class 6 + RD (Standing)				
2	(Straight Armlock   Kimura Armlock)							Bring a Friend!
	Shrimp Escape							
_	(Block & Shoot   Shrimp & Shoot   Rider)	Total Empowerment in 20 L						
3	Shirt Choke	The Women Empowered p	roaram features 20 time-tested	techniques that were developed to a	counter the most common tv	pes of assaults on women. The	20 techniques have been	

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