

WOMEN EMPOWERED®

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

March 2024							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
25	26	27 5:30p - 6:30p Class 7	28	29	1	2 11:00a - 12:00p Class 8 + RD (G2) Bring a Friend!	
3	4	5 5:30p - 6:30p Class 8	6	7	8	9 11:00a - 12:00p Class 9 Bring a Friend!	
10	11	12 5:30p - 6:30p Class 10	13	14	15	16 11:00a - 12:00p Class 11 Bring a Friend!	
17	18	19 5:30p - 6:30p Class 12	20	21	22	23 11:00a - 12:00p Class 13 Bring a Friend!	
24	25	26 5:30p - 6:30p Class 14	27	28	29	30 11:00a - 12:00p Class 15 + RD (Standing) Bring a Friend!	
31	1	2 5:30p - 6:30p Class 15	3	4	5	6 11:00a - 12:00p Class 1 Bring a Friend!	

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.

Log-on & Boost Progress!

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Pink Belt Qualification Test

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	April 2024							
15 Classes	20 Essential Techniques	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)	31	1	2	3	4	5	6
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)			5:30p - 6:30p Class 15				11:00a - 12:00p Class 1 Bring a Friend!
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard False Surrender)							
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)	7	8	9	10	11	12	13
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)			5:30p - 6:30p Class 2				11:00a - 12:00p Class 3 Bring a Friend!
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	14	15	16	17	18	19	20
7	Punch Block Series (Stages 1-5)			5:30p - 6:30p Class 4				11:00a - 12:00p Class 5 Bring a Friend!
RD	Standing Reflex Development All standing techniques practices in combination with one another.	21	22	23	24	25	26	27
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)			5:30p - 6:30p Class 6				11:00a - 12:00p Class 7 Bring a Friend!
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	28	29	30	1	2	3	4
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)			5:30p - 6:30p Class 8 + RD (G1)				11:00a - 12:00p Class 8 Bring a Friend!
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)	5	6	7	8	9	10	11
12	Weapon Defenses (Straight Armlock Kimura Armlock)			5:30p - 6:30p Class 9				11:00a - 12:00p Class 10 Bring a Friend!
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke	<p>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.</p> <p>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.</p> <p>Log-on & Boost Progress! 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 any trouble accessing your lessons online, please speak to a student services representative.</p> <p>Pink Belt Qualification Test Once you've completed all 20 lessons at least four times, and your confident in the execution of every technique, 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.</p>						
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)							
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)							
RD	Ground Reflex Development All ground techniques practices in combination with one another.							

WOMEN EMPOWERED®

	May 2024							
15 Classes	20 Essential Techniques	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)							
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)	28	29	30 5:30p - 6:30p Class 8 + RD (G1)	1	2	3	4 11:00a - 12:00p Class 8 Bring a Friend!
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard False Surrender)							
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)	5	6	7 5:30p - 6:30p Class 9	8	9	10	11 11:00a - 12:00p Class 10 Bring a Friend!
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)							
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	12	13	14 5:30p - 6:30p Class 11	15	16	17	18 11:00a - 12:00p Class 12 Bring a Friend!
7	Punch Block Series (Stages 1-5)							
RD	Standing Reflex Development All standing techniques practices in combination with one another.	19	20	21 5:30p - 6:30p Class 13	22	23	24	25 11:00a - 12:00p Class 14 Bring a Friend!
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)							
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	26	27	28 5:30p - 6:30p Class 15 + RD (G2)	29	30	31	1 11:00a - 12:00p Class 15 Bring a Friend!
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)		MEMORIAL DAY					
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)	2	3	4 5:30p - 6:30p Class 1	5	6	7	8 11:00a - 12:00p Class 2 Bring a Friend!
12	Weapon Defenses (Straight Armlock Kimura Armlock)							
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke							
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)							
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)							
RD	Ground Reflex Development All ground techniques practices in combination with one another.							

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15 Classes	20 Essential Techniques	June 2024						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)							1 11:00a - 12:00p Class 15 Bring a Friend!
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)	26	27 MEMORIAL DAY	28 5:30p - 6:30p Class 15 + RD (G2)	29	30	31	
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard False Surrender)							8 11:00a - 12:00p Class 2 Bring a Friend!
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)	2	3	4 5:30p - 6:30p Class 1	5	6	7	
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)							15 11:00a - 12:00p Class 4 Bring a Friend!
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	9	10	11 5:30p - 6:30p Class 3	12	13	14	
7	Punch Block Series (Stages 1-5)							22 11:00a - 12:00p Class 6 Bring a Friend!
RD	Standing Reflex Development All standing techniques practices in combination with one another.	16	17	18 5:30p - 6:30p Class 5	19	20	21	
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)							29 11:00a - 12:00p Class 8 + RD (Standing) Bring a Friend!
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	23	24	25 5:30p - 6:30p Class 7	26	27	28	
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)							6 11:00a - 12:00p Class 9 Bring a Friend!
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)	30	1	2 5:30p - 6:30p Class 8	3	4	5	
12	Weapon Defenses (Straight Armlock Kimura Armlock)							
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke							
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)							
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)							
RD	Ground Reflex Development All ground techniques practices in combination with one another.							

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	July 2024						
15 Classes	20 Essential Techniques						
1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) <small>(Standard Hair Grab)</small>	30	1	2 5:30p - 6:30p Class 8	3	4	5	6 11:00a - 12:00p Class 9 Bring a Friend!
Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) <small>(Punch Block Wrist Pin Spread Hand)</small>	7	8	9 5:30p - 6:30p Class 10	10	11	12	13 11:00a - 12:00p Class 11 Bring a Friend!
Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) <small>(Standard False Surrender)</small>	14	15	16 5:30p - 6:30p Class 12	17 CLOSED	18 CLOSED	19 CLOSED	20 CLOSED
Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) <small>(Rider Heavy Chest)</small>	21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED	25	26	27 11:00a - 12:00p Class 13 Bring a Friend!
Super Slap Guard Get-ups (5 & 6) <small>(Choke Wrist Pin)</small>	28	29	30 5:30p - 6:30p Class 14	31	1	2	3 11:00a - 12:00p Class 15 + RD (G1) Bring a Friend!
Stop-Block-Frame (3 Variations) Punch Protection <small>(Clinch Entry)</small>	4	5	6 5:30p - 6:30p Class 15	7	8	9	10 11:00a - 12:00p Class 1 Bring a Friend!
Punch Block Series <small>(Stages 1-5)</small>	<p>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.</p> <p>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.</p> <p>Log-on & Boost Progress! 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 any trouble accessing your lessons online, please speak to a student services representative.</p> <p>Pink Belt Qualification Test Once you've completed all 20 lessons at least four times, and your confident in the execution of every technique, 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.</p>						
Standing Reflex Development <small>All standing techniques practices in combination with one another.</small>							
Elbow Escape <small>(Standard Heel Drag Face Down)</small> Guillotine Choke (Guard)							
Rear Choke Defenses (2 Variations) Drag Defenses <small>(Wrist Drag Ankle Drag)</small>							
Rear Bear Hug Defenses (2 Variations) Guillotine Choke <small>(Standing Guard Pull)</small>							
Hair Grab Defenses <small>(Standing Guard Guard Pull Hair Drag)</small>							
Weapon Defenses <small>(Straight Armlock Kimura Armlock)</small>							
Shrimp Escape <small>(Block & Shoot Shrimp & Shoot Rider)</small> Shirt Choke							
Advanced Guard Get-ups (7, 8 & 9) <small>(Direct Get-up Knee Shield Power Frame)</small>							
Rear Naked Choke Triangle Choke <small>(Giant Killer Stage 3)</small>							
Ground Reflex Development <small>All ground techniques practices in combination with one another.</small>							
RD							

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	August 2024							
15 Classes	20 Essential Techniques	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)	28	29	30	31	1	2	3
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)			5:30p - 6:30p Class 14				11:00a - 12:00p Class 15 + RD (G1) Bring a Friend!
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard False Surrender)							
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)	4	5	6	7	8	9	10
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)			5:30p - 6:30p Class 15				11:00a - 12:00p Class 1 Bring a Friend
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	11	12	13	14	15	16	17
7	Punch Block Series (Stages 1-5)			5:30p - 6:30p Class 2				11:00a - 12:00p Class 3 Bring a Friend!
RD	Standing Reflex Development All standing techniques practices in combination with one another.	18	19	20	21	22	23	24
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)			5:30p - 6:30p Class 4				11:00a - 12:00p Class 5 Bring a Friend!
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	25	26	27	28	29	30	31
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)			5:30p - 6:30p Class 6+ RD (G2)				11:00a - 12:00p Class 6 Bring a Friend!
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)	1	2	3	4	5	6	7
12	Weapon Defenses (Straight Armlock Kimura Armlock)			5:30p - 6:30p Class 7				11:00a - 12:00p Class 8 Bring a Friend!
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke	<p>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.</p> <p>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.</p> <p>Log-on & Boost Progress! 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 any trouble accessing your lessons online, please speak to a student services representative.</p> <p>Pink Belt Qualification Test Once you've completed all 20 lessons at least four times, and your confident in the execution of every technique, 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.</p>						
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)							
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)							
RD	Ground Reflex Development All ground techniques practices in combination with one another.							

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15 Classes	20 Essential Techniques	September 2024						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)							
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)	1	2	3 5:30p - 6:30p Class 7	4	5	6	7 11:00a - 12:00p Class 8 Bring a Friend!
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard False Surrender)							
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)	8	9	10 5:30p - 6:30p Class 9	11	12	13	14 11:00a - 12:00p Class 10 Bring a Friend!
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)							
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	15	16	17 5:30p - 6:30p Class 11	18	19	20	21 11:00a - 12:00p Class 12 Bring a Friend!
7	Punch Block Series (Stages 1-5)							
RD	Standing Reflex Development All standing techniques practices in combination with one another.	22	23	24 5:30p - 6:30p Class 13 + RD (Standing)	25	26	27	28 11:00a - 12:00p Class 13 Bring a Friend!
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)							
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	29	30	1 5:30p - 6:30p Class 14	2	3	4	5 11:00a - 12:00p Class 15 Bring a Friend!
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)							
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)	6	7	8 5:30p - 6:30p Class 1	9	10	11	12 11:00a - 12:00p Class 2 Bring a Friend!
12	Weapon Defenses (Straight Armlock Kimura Armlock)							
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke							
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)							
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	October 2024							
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1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)			1 5:30p - 6:30p Class 14				
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)	29	30		2	3	4	5 11:00a - 12:00p Class 15 Bring a Friend!
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard False Surrender)							
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)	6	7	8 5:30p - 6:30p Class 1	9	10	11	12 11:00a - 12:00p Class 2 Bring a Friend!
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)							
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	13	14	15 5:30p - 6:30p Class 3	16	17	18	19 11:00a - 12:00p Class 4 Bring a Friend!
7	Punch Block Series (Stages 1-5)							
RD	Standing Reflex Development All standing techniques practices in combination with one another.	20	21	22 5:30p - 6:30p Class 5	23	24	25	26 11:00a - 12:00p Class 6 + RD (G1) Bring a Friend!
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)							
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	27	28	29 5:30p - 6:30p Class 6	30	31	1	2 11:00a - 12:00p Class 7 Bring a Friend!
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)							
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)	3	4	5 5:30p - 6:30p Class 8	6	7	8	9 11:00a - 12:00p Class 9 Bring a Friend!
12	Weapon Defenses (Straight Armlock Kimura Armlock)							
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke							
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)							
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Pink Belt Qualification Test

Once you've completed all 20 lessons at least four times, and your confident in the execution of every technique, 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.

WOMEN EMPOWERED®

	November 2024							
15 Classes	20 Essential Techniques	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)							
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)	27	28	29 5:30p - 6:30p Class 6	30	31	1	2 11:00a - 12:00p Class 7 Bring a Friend!
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) (Standard False Surrender)							
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)	3	4	5 5:30p - 6:30p Class 8	6	7	8	9 11:00a - 12:00p Class 9 Bring a Friend!
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)							
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	10	11	12 5:30p - 6:30p Class 10	13	14	15	16 11:00a - 12:00p Class 11 Bring a Friend!
7	Punch Block Series (Stages 1-5)							
RD	Standing Reflex Development All standing techniques practices in combination with one another.	17	18	19 5:30p - 6:30p Class 12	20	21	22	23 11:00a - 12:00p Class 13 + RD (G2) Bring a Friend!
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)							
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	24	25	26 5:30p - 6:30p Class 13	27	28	29	30
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)							HOLIDAY CLOSURE
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)	1	2	3 5:30p - 6:30p Class 14	4	5	6	7 11:00a - 12:00p Class 15 Bring a Friend!
12	Weapon Defenses (Straight Armlock Kimura Armlock)							
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke							
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)							
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)							
RD	Ground Reflex Development All ground techniques practices in combination with one another.							

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.

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WOMEN EMPOWERED®

	December 2024							
15 Classes	20 Essential Techniques	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) <small>(Standard Hair Grab)</small>							
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) <small>(Punch Block Wrist Pin Spread Hand)</small>	1	2	3 5:30p - 6:30p Class 14	4	5	6	7 11:00a - 12:00p Class 15 Bring a Friend!
3	Front Choke Defences (3 Variations) Guard Get-ups (1 & 2) <small>(Standard False Surrender)</small>							
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) <small>(Rider Heavy Chest)</small>	8	9	10 5:30p - 6:30p Class 1	11	12	13	14 11:00a - 12:00p Class 2 Bring a Friend!
5	Super Slap Guard Get-ups (5 & 6) <small>(Choke Wrist Pin)</small>							
6	Stop-Block-Frame (3 Variations) Punch Protection <small>(Clinch Entry)</small>	15	16	17 5:30p - 6:30p Class 3	18	19	20	21 11:00a - 12:00p Class 4 Bring a Friend!
7	Punch Block Series <small>(Stages 1-5)</small>							
RD	Standing Reflex Development <small>All standing techniques practices in combination with one another.</small>	22	23	24 HOLIDAY CLOSURE	25	26	27	28 HOLIDAY CLOSURE
8	Elbow Escape <small>(Standard Heel Drag Face Down)</small> Guillotine Choke (Guard)							
9	Rear Choke Defenses (2 Variations) Drag Defenses <small>(Wrist Drag Ankle Drag)</small>	29	30	31 HOLIDAY CLOSURE	1	2	3	4 11:00a - 12:00p Class 5 Bring a Friend!
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke <small>(Standing Guard Pull)</small>							
11	Hair Grab Defenses <small>(Standing Guard Guard Pull Hair Drag)</small>	5	6	6 5:30p - 6:30p Class 6 + RD (Standing)	7	8	9	10 11:00a - 12:00p Class 6 Bring a Friend!
12	Weapon Defenses <small>(Straight Armlock Kimura Armlock)</small>							
13	Shrimp Escape <small>(Block & Shoot Shrimp & Shoot Rider)</small> Shirt Choke							
14	Advanced Guard Get-ups (7, 8 & 9) <small>(Direct Get-up Knee Shield Power Frame)</small>							
15	Rear Naked Choke Triangle Choke <small>(Giant Killer Stage 3)</small>							
RD	Ground Reflex Development <small>All ground techniques practices in combination with one another.</small>							

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