



WOMEN EMPOWERED®

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

15	20 Essential Techniques
Classes	
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 Defenses (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 practiced in combination with one another.
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)
10	Rear Bear Hug Defenses (2 Variations) Guillotine 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 practiced in combination with one another.

www.GracieSingapore.com
197A Kitchener Road, SG 208536

JUL - SEP 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 JULY	2 Class 9	3	4 Class 10	5	6	7
8	9 Class 11	10	11 Class 12	12	13	14
15	16 Class 13	17	18 Class 14	19	20	21
22	23 Class 15	24	25 Class 1	26	27	28
29	30 Class 2	31	1 AUGUST Class 3	2	3	4
5	6 Class 4	7	8 Class 5	9	10	11
12	13 Class 6	14	15 Class 7	16	17	18
19	20 Class 8	21	22 Class 9	23	24	25
26	27 Class 10	28	29 Class 11	30	31	1 SEPTEMBER
2	3 Class 12	4	5 Class 13	6	7	8
9	10 Class 14	11	12 Class 15	13	14	15

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 & 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 any trouble accessing your lessons online, please speak to a Gracie University student services representative.

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.