


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

**Watch all the lessons at**  
**www.GracieUniversity.com**  
**Web: www.GracieJiuJitsu.co.za**  
**Address: Shop 5, Parklands Centre,**  
**Link Road, Parklands**  
**Email: admin@graciejiujitsu.co.za**  
**Phone: 081 400 1130**

<b>MARCH &amp; APRIL 2021</b>		 <b>WOMEN EMPOWERED</b> THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
8	9	10 6pm - Women Empowered Class 11 7pm Movement & Mobility	11	12	13
15	16	17 6pm - Women Empowered Class 12 7pm Movement & Mobility	18	19	20
22	23	24 6pm - Women Empowered Class 12.2 7pm Movement & Mobility	25	26	27
<b>CLOSED PUBLIC HOLIDAY</b>		29 6pm - Women Empowered Class 13 7pm Movement & Mobility	30	31	1 May
5	6	7 6pm - Women Empowered Class 14 7pm Movement & Mobility	8	9	10
<b>CLOSED PUBLIC HOLIDAY</b>		12 6pm - Women Empowered Class 15 7pm Movement & Mobility	13	14	15
19	20	21 6pm - Women Empowered RD STANDING 7pm Movement & Mobility	22	23	24
26	27	28 6pm - Women Empowered Class 1 7pm Movement & Mobility	29	30	31
3	4	5 6pm - Women Empowered Class 2 7pm Movement & Mobility	6	7	8
10	11	12 6pm - Women Empowered Class 3 7pm Movement & Mobility	13	14	15
<b>CLOSED PUBLIC HOLIDAY</b>		22	23	24	25
3	4	5	6	7	8

**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 email admin@graciejiujitsu.co.za so we can look into it for you

**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.