



## WOMEN EMPOWERED SCHEDULE



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