



# WOMEN EMPOWERED SCHEDULE



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15 CLASSES	WOMEN EMPOWERED 20 ESSENTIAL TECHNIQUES
1	<b>Combat Base</b> (Base Get - Up   Push/Pull Base) <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) <b>Trap &amp; Roll Escapes (3, 4 &amp; 5)</b> (Punch Block   Spread Hand   Wrist Pin)
3	<b>Front Choke Defenses</b> (3 Variations) <b>Guard Get Up (1 &amp; 2)</b> (Standard   False Surrender)
4	<b>Inverted Wrist Releases</b> (1 on 1   2 on 1   2 on 2   Low 1 on 1) <b>Guard Get Up (3 &amp; 4)</b> (Rider   Heavy Chest)
5	<b>Super Slap</b> (Front Choke   2 on 1 Wrist Release) <b>Guard Get Up (5 &amp; 6)</b> (Choke   Wrist Pin)
6	<b>Stop - Block - Frame</b> (3 Variations) <b>Punch Protection</b> (Distance Control   Clinch)
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</b> (Guard)
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> (Standard   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.

March 2026					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <b>RD - Ground</b> 9:30 a.m. - 10:30 a.m.	3	4 <b>Lesson 8</b> 9:30 a.m. - 10:30 a.m.	5 <b>Lesson 9</b> 6:00 p.m. - 7:00 p.m.	6	7
9 <b>Lesson 10</b> 9:30 a.m. - 10:30 a.m.	10	11 <b>Lesson 11</b> 9:30 a.m. - 10:30 a.m.	12 <b>Lesson 12</b> 6:00 p.m. - 7:00 p.m.	13	14
16 <b>Lesson 13</b> 9:30 a.m. - 10:30 a.m.	17	18 <b>Lesson 14</b> 9:30 a.m. - 10:30 a.m.	19 <b>Lesson 15</b> 6:00 p.m. - 7:00 p.m.	20	21
23 <b>RD - Standing</b> 9:30 a.m. - 10:30 a.m.	24	25 <b>RD - Ground</b> 9:30 a.m. - 10:30 a.m.	26 <b>Lesson 1</b> 6:00 p.m. - 7:00 p.m.	27	28
30 <b>Lesson 2</b> 9:30 a.m. - 10:30 a.m.	31	1 <b>Lesson 3</b> 9:30 a.m. - 10:30 a.m.	2 <b>Lesson 4</b> 6:00 p.m. - 7:00 p.m.	3	4 <b>CLOSED</b> <b>Easter Eve</b>
6 <b>Lesson 5</b> 9:30 a.m. - 10:30 a.m.	<b>NOTES:</b> If it is your first time attending a class with us, please review the items below: 1. Arrive at least 15 minutes early. (We would like to meet you before class starts and there are a couple documents to fill out) 2. Attire - comfortable gym style pants and a tshirt. (No shoes on the mat!) *Women - No makeup please. 3. Bring a bottle of water and a good attitude!				