



# 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</b> (Guard)  |
| 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</b> (Standing   Guard Pull)  |
| 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.   |

| April 2025 |  |           |  |        |  |
|------------|--|-----------|--|--------|--|
| MONDAY     | TUESDAY  | WEDNESDAY | THURSDAY   | FRIDAY | SATURDAY   |
| 31         | 1<br><b>Lesson 9</b><br>9:30 a.m. - 10:30 a.m.<br><b>Lesson 10</b><br>6:30 p.m. - 7:30 p.m.  | 2         | 3<br><b>Lesson 11</b><br>9:30 a.m. - 10:30 a.m.  | 4      | 5<br><b>Lesson 12</b><br>9:00 a.m. - 10:00 a.m.      |
| 7          | 8<br><b>Lesson 13</b><br>9:30 a.m. - 10:30 a.m.<br><b>Lesson 14</b><br>6:30 p.m. - 7:30 p.m.   | 9         | 10<br><b>Lesson 15</b><br>9:30 a.m. - 10:30 a.m. | 11     | 12<br><b>RD - Standing</b><br>9:00 a.m. - 10:00 a.m. |
| 14         | 15<br><b>RD - Ground</b><br>9:30 a.m. - 10:30 a.m.<br><b>Lesson 1</b><br>6:30 p.m. - 7:30 p.m.   | 16        | 17<br><b>Lesson 2</b><br>9:30 a.m. - 10:30 a.m.  | 18     | 19<br><b>CLOSED</b><br><b>Easter Eve</b>             |
| 21         | 22<br><b>Lesson 4</b><br>9:30 a.m. - 10:30 a.m.<br><b>Lesson 5</b><br>6:30 p.m. - 7:30 p.m.  | 23        | 24<br><b>Lesson 6</b><br>9:30 a.m. - 10:30 a.m.  | 25     | 26<br><b>Lesson 7</b><br>9:00 a.m. - 10:00 a.m.      |
| 28         | 29<br><b>RD - Standing</b><br>9:30 a.m. - 10:30 a.m.<br><b>RD - Ground</b><br>6:30 p.m. - 7:30 p.m.  | 30        | 1<br><b>Lesson 8</b><br>9:30 a.m. - 10:30 a.m.   | 2      | 3<br><b>Lesson 9</b><br>9:00 a.m. - 10:00 a.m.       |
| 5          | <b>NOTES:</b><br>If it is your first time attending a class with us, please review the items below:<br>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)<br>2. Attire - comfortable gym style pants and a tshirt. (No shoes on the mat!) *Women - No makeup please.<br>3. Bring a bottle of water and a good attitude! |           |  |        |  |