



WOMEN EMPOWERED SCHEDULE



480-339-9019 • WWW.GJJPHX.COM

FACEBOOK.COM/GRACIEJIUJITSUPHOENIX • 13637 N. Tatum Blvd., Suite 18 • Phoenix, AZ 85032

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

January 2023					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Lesson 3 6:30 p.m. - 7:30 p.m.	4	5	6	7 Lesson 4 9:00 a.m. - 10:00 a.m.
9	10 Lesson 5 6:30 p.m. - 7:30 p.m.	11	12	13	14 Lesson 6 9:00 a.m. - 10:00 a.m.
16	17 Lesson 7 6:30 p.m. - 7:30 p.m.	18	19	20	21 Reflex Development Standing 9:00 a.m. - 10:00 a.m.
23	24 Reflex Development Ground 6:30 p.m. - 7:30 p.m.	25	26	27	28 Lesson 8 9:00 a.m. - 10:00 a.m.
30	31 Lesson 9 6:30 p.m. - 7:30 p.m.	1	2	3	4 Lesson 10 9:00 a.m. - 10:00 a.m.
6	NOTES: 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!				