



# WOMEN EMPOWERED SCHEDULE



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10 CLASSES	WOMEN EMPOWERED 15 ESSENTIAL TECHNIQUES
1	<b>Combat Base</b> (Base Get - Up   Push/Pull) <b>Wrist Release Standard</b> (1 on 1   2 on 1   2 on 2) <b>Trap &amp; Roll Escape</b> (Standard   Punch Block)
2	<b>Front Choke Defenses</b> (Standard   Wall Pin) <b>Guard Get - Up</b> (Standard   Super Lock)
3	<b>Wrist Releases (Inverted)</b> (1 on 1   2 on 1   2 on 2   Low 1 on 1) <b>Trap and Roll Extras</b> (Spread Hand   Wrist Pin)
4	<b>Super Slap</b> (Front Choke   2 on 1 Wrist Release) <b>Guard Get Up 2</b> (PBS Stage 1   Heavy Chest)
5	<b>Stop - Block - Frame</b> (Distance   Block & Move   Frame) <b>Guard Get - Up 3</b> (Wrist Pin   Choke Variation)
6	<b>Punch Protection</b> (Distance Control   Clinch) <b>Elbow Escape</b> (Standard   Heel Drag)
7	<b>Rear Attack Defenses 1</b> (Rear Choke) <b>Guillotine Choke</b> (Standing   Guard Pull   Sitting)
8	<b>Rear Attack Defenses 2</b> (Rear Bear Hug) <b>Weapon Defense 1</b> (Kimura Knife   Gun)
9	<b>Hair Grab Defenses</b> (Standing   Mount   Guard) <b>Weapon Defense 2</b> (Straight Armlock Knife   Gun)
10	<b>Rear Naked Choke</b> (Back Mount w/ Hooks) <b>Triangle Choke</b> (Triangle Finish   Giant Killer Variation)
RD	<b>Reflex Development Class</b> Once you've completed each lesson (1 - 10) at least once, you qualify for RD classes.

January 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 CLOSED	1 CLOSED	2	3	4	5 Lesson 11 9:00 a.m. - 10:00 a.m.
7	8 Lesson 12 6:15 p.m. - 7:15 p.m.	9	10	11	12 Lesson 13 9:00 a.m. - 10:00 a.m.
14	15 CLOSED FOR ICP	16 CLOSED FOR ICP	17 CLOSED FOR ICP	18 CLOSED FOR ICP	19 CLOSED FOR ICP
21	22 Lesson 14 9:00 a.m. - 10:00 a.m.	23	24	25	26 Lesson 15 6:15 p.m. - 7:15 p.m.
28	29 Reflex Development 6:15 p.m. - 7:15 p.m.	30	31	1	2 Lesson 1 9:00 a.m. - 10:00 a.m.
4	<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!				