

Women Empowered[®]

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

Self-defense begins with the belief that you are worth defending. Regardless of your age or physical ability, you can and should defend yourself, and Women Empowered will show you how!

15 Classes	20 Essential Techniques
1	Combat Base (3 Variations) Trap & Roll Escapes (1&2) (Standard Hair Grab)
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)
3	Front Choke Defenses (3 Variations) Guard Get-ups (1 & 2) (Standard False Surrender)
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)
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 (Standing 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.

Unleash Your Power

Women Empowered addresses the most common and dangerous threats facing women. The simplicity and effectiveness of the techniques will enable you to use awareness, leverage, and proper timing to escape from seemingly impossible situations.

Show Your Confidence

One of the most important elements of self-defense is setting boundaries with others, and we are much more likely to establish boundaries that we feel capable of defending. As your confidence grows, your aura of empowerment will be your first line of defense!

Earn Your Pink Belt

Upon completion of the program, you will demonstrate your mastery of all 20 techniques, individually and in combination, when you test for your pink belt. As a pink belt, you are eligible to continue attending Women Empowered classes free of charge as an assistant instructor!

Online Access & Satellite Training

As an active student, you will receive a free subscription to GracieUniversity.com, so you can access your techniques 24/7. Additionally, you can train for free at any Certified Training Center worldwide!



Free Trial Uniform Included

To make sure this program is perfect for you, we invite you to take advantage of our free trial! We'll provide a free uniform and 4 consecutive classes at no charge. All you have to do is come to class! Contact us today to schedule your free trial.

Program Details: Women Empowered is a 6-month program

Monthly Classes	4	8	12
Monthly Tuition	\$80	\$120	\$160
Price Per Class	\$20	\$15	\$13.33
Add-on Classes	\$20 for each add-on class.		


Contact Gracie Jiu-Jitsu Phoenix to get started!

(480) 339-9019 · www.GJJPHX.com ·   [GraceJiuJitsuPhoenix](https://www.instagram.com/GraceJiuJitsuPhoenix) · 13637 N Tatum Blvd. Suite 18, Phoenix AZ 85032

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ALSO OFFERING



**Gracie®
Combatives®**

**Master®
Cycle®**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Gracie Combatives 11:00 am - 12:00 pm	Gracie Combatives 11:00 am - 12:00 pm	Gracie Combatives 11:00 am - 12:00 pm	Reflex Development/ Fight Simulation 11:00 am - 12:00 pm	Gracie Combatives 11:00 am - 12:00 pm	Reflex Development/ Fight Simulation 7:45 am - 8:45 am
	Master Cycle 12:15 pm - 1:45 pm	Master Cycle 12:15 pm - 1:45 pm	Master Cycle 12:15 pm - 1:45 pm	Master Cycle 12:15 pm - 1:45 pm	Master Cycle 12:15 pm - 1:45 pm	Women Empowered 9:00 pm - 10:00 pm
	Black Belt Club 5:00 pm - 5:50 pm	Gracie Bullyproof Little Champs (Ages 5-7) 4:00 pm - 4:45 pm	Gracie Bullyproof Little Champs (Ages 5-7) 4:00 pm - 4:45 pm	Gracie Bullyproof Little Champs (Ages 5-7) 4:00 pm - 4:45 pm	Gracie Combatives 11:00 am - 12:00 pm	Gracie Bullyproof Little Champs (Ages 5-7) 10:15 am - 11:00 am
	Gracie Combatives 6:00 pm - 7:00 pm	Gracie Bullyproof Junior Grapplers (Ages 8-13) 5:00 pm - 5:50 pm	Gracie Bullyproof Junior Grapplers (Ages 8-13) 5:00 pm - 5:50 pm	Gracie Bullyproof Junior Grapplers (Ages 8-13) 5:00 pm - 5:50 pm	Gracie Combatives 6:00 pm - 7:00 pm	Gracie Bullyproof Junior Grapplers (Ages 8-13) 11:15 am - 12:15 pm
	Master Cycle 7:00 pm - 8:30 pm	Women Empowered 6:15 pm - 7:15 pm	Black Belt Club 5:00 pm - 5:50 pm	Gracie Combatives 6:00 pm - 7:00 pm	Master Cycle 7:00 pm - 8:30 pm	

TOTAL EMPOWERMENT IN 20 LESSONS!

The Women Empowered program features 20 time-tested techniques that were developed to counter the most common types of assault on women. The 20 techniques have been strategically divided into 15 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 20 lessons can be completed in any order.

REFLEX DEVELOPMENT CLASS (RD CLASS)

In RD classes, students who have attended all 15 classes (at least once) will learn how to apply the techniques in combination to develop essential reflexes for self-defense. Those who have not yet attended all 15 classes will spend this class reviewing past techniques.

LOG-ON & LEARN FASTER!

As a student of the Women Empowered program, you qualify for a free subscription to the online Women Empowered program through GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device. If you have trouble accessing your lessons online, please speak to a Gracie Jiu-Jitsu Phoenix representative.

PINK BELT QUALIFICATION TEST

Once you have completed all 20 lessons at least four times, and your reflexes are ultra-sharp, you qualify to take the Pink Belt Qualification Test. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com. For more information please see the Pink Belt Testing Guidelines handout.