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Triangle Choke (Giant Killer Stage 3)		
Triangle Choke (Giant Killer Stage 3)	15	Rear Naked Choke
(Giant Killer Stage 3)		
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KD Ground Reflex Development	RD	Ground Reflex Development
All ground techniques practiced in combination		-
with one another.		C







Wednesday	Saturday
3	9
CLASS 13	CLASS 14 (Bring a friend)
6:45pm-7:40PM	10am-11am
3	16
OPEN CLASS - 6:45pm-7:40PM	CLASS 15 (Bring a friend)
FRAN IS AWAY!	10am-11am
20	23
RD CLASS - GROUND REFLEX DEVELOPMENT (2ND STRIPE OR ABOVE)	CLASS 1 (Bring a friend)
6:45pm-7:40PM	10am-11am
27	30
CLASS 2	CLASS 3 (Bring a friend)
6:45pm-7:40PM	10am-11am
3 April	6 April
CLASS 4	CLASS 5 (Bring a friend)
	10am-11am

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Total Empowerment in 20 Lessons!

The Women Empowered program features 20 time-tested techniques that were developed to counter the most common types of assaults 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 selfdefense. 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 any trouble accessing your lessons online, please speak to a Gracie University student services representative.

Pink Belt Qualification Test

Once you've completed all 20 lessons at least four times, and your confident in the execution of every technique, 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.