



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
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

Women Empowered Schedule - September 2026	
Wednesday	Saturday
2 CLASS 7 Punch Block Series Stages 1–5 7:00pm–7:55pm	5 GROUND REFLEX DEVELOPMENT 10:00am–11:00am
9 CLASS 8 Elbow Escape Standard Heel Drag Face Down Guillotine Choke (Guard) 7:00pm–7:55pm	12 CLASS 9 Rear Choke Defenses (2 Variations) Drag Defenses Wrist Drag Ankle Drag 10:00am–11:00am
16 CLASS 10 Rear Bear Hug Defenses (2 Variations) Guillotine Choke Standing Guard Pull 7:00pm–7:55pm	19 CLASS 11 Hair Grab Defenses Standing Guard Guard Pull Hair Drag 10:00am–11:00am
23 WOMEN EMPOWERED CLASS CLOSED You're welcome to come in to practise or attend one Combatives class.	26 CLASS 12 Weapon Defenses Straight Armlock Kimura Armlock 10:00am–11:00am
30 CLASS 13 Shrimp Escape Block & Shoot Shrimp & Shoot Rider Shirt Choke 7:00pm–7:55pm	3 Oct CLASS 14 Advanced Guard Get-ups (7, 8 & 9) Direct Get-up Knee Shield Power Frame 10:00am–11:00am

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Women Empowered • 15 classes covering 20 essential techniques. Classes can be completed in any order.
 Reflex Development combines previously learned techniques. Review lessons online at GracieUniversity.com.