



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 - October 2026	
Wednesday	Saturday
30 Sep CLASS 13 Shrimp Escape Block & Shoot Shrimp & Shoot Rider Shirt Choke 7:00pm - 7:55pm	3 CLASS 14 Advanced Guard Get-ups (7, 8 & 9) Direct Get-up Knee Shield Power Frame 10:00am - 11:00am
7 CLASS 15 Rear Naked Choke Triangle Choke Giant Killer Stage 3 7:00pm - 7:55pm	10 GROUND REFLEX DEVELOPMENT For 2nd stripe students only 10:00am - 11:00am
14 CLASS 1 Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) Standard Hair Grab 7:00pm - 7:55pm	17 CLASS 2 Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) Punch Block Wrist Pin Spread Hand 10:00am - 11:00am
21 CLASS 3 Front Choke Defenses (3 Variations) Guard Get-ups (1 & 2) Standard False Surrender 7:00pm - 7:55pm	24 CLASS 4 Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) Rider Heavy Chest 10:00am - 11:00am
28 CLASS 5 Super Slap Guard Get-ups (5 & 6) Choke Wrist Pin 7:00pm - 7:55pm	31 CLASS 6 Stop-Block-Frame (3 Variations) Punch Protection Clinch Entry 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.