



Women Empowered November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 27 Closed	28 WE 5 @ 8am	29	30 WE 6 @ 5pm	31 WE 7 @ 5pm	Nov 1	2 WE Standing Review @ 10pm
3 Closed	4 WE 8 @ 8am	5	6 WE 9 @ 5pm	7 WE 10 @ 5pm	8	9 WE 11 @ 10pm
10 Closed	11 WE 12 @ 8am	12	13 WE 13 @ 5pm	14 WE 14 @ 5pm	15	16 WE 15 @ 10pm
17 Closed	18 WE Ground Review @ 8am	19	20 WE 1 @ 5pm	21 WE 2 @ 5pm	22	23 WE 3 @ 10pm
24 Closed	25 WE 4 @ 8am	26	27 WE 5 @ 5pm	28 Closed	29 Closed	30 Closed



WOMEN EMPOWERED

Official Program Outline & Pink Belt Qualification Card

WOMEN EMPOWERED			8			Elbow Escape 14 (Standard Heel Drag Face Down)		Stripe Progress 15 Classes Per Stripe			
Class Number Attendance Tracking Technique Names						Guillotine Choke (Guard) 12		1 st	2 nd	3 rd	4 th
1		Combat Base (3 Variations) 1 Trap & Roll Escapes (1 & 2) 4 (Standard Hair Grab)	9			Rear Choke Defenses (2 Variations) 17 Drag Defenses 19 (Wrist Drag Ankle Drag)					
2		Standard Wrist Releases (3 Variations) 2 Trap & Roll Escapes (3, 4 & 5) 4 (Punch Block Wrist Pin Spread Hand)	10			Rear Bear Hug Defenses (2 Variations) 17 Guillotine Choke 16 (Standing Guard Pull)					
3		Front Choke Defenses (3 Variations) 5 Guard Get-ups (1&2) 8 (Standard False Surrender)	11			Hair Grab Defenses 13 (Standing Guard Guard Pull Hair Drag)					
4		Inverted Wrist Releases (4 Variations) 3 Guard Get-ups (3 & 4) 9 (Rider Heavy Chest)	12			Weapon Defenses 18 (Straight Armlock Kimura Armlock)					
5		Super Slap 6 Guard Get-ups (5 & 6) 9 (Choke Wrist Pin)	13			Shrimp Escape 15 (Block & Shoot Shrimp & Shoot Rider) Shirt Choke 12					
6		Stop-Block-Frame (3 Variations) 10 Punch Protection 11 (Clinch Entry)	14			Advanced Guard Get-ups (7, 8 & 9) 20 (Direct Get-up Knee Shield Power Frame)					
7		Punch Block Series 7 (Stages 1-5)	15			Rear Naked Choke 16 Triangle Choke 12 (Giant Killer Stage 3)					
RD		Standing Reflex Development All standing techniques practiced in combination with one another.	RD			Ground Reflex Development All ground techniques practiced in combination with one another.					

Pink Belt Testing Process – Once you earn four stripes, and are highly confident in your execution of all the Women Empowered techniques, individually and in combination, you may take a test to determine your eligibility for Pink Belt promotion.