



Women Empowered February 2025

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



WOMEN EMPOWERED

Official Program Outline & Pink Belt Qualification Card

| WOMEN EMPOWERED | | | 8 | | Elbow Escape 14 (Standard Heel Drag Face Down) Guillotine Choke (Guard) 12 | Stripe Progress | | | |
|--|--|---|----|--|--|------------------------|-----------------|-----------------|-----------------|
| Class Number Attendance Tracking Technique Names | | | | | | 15 Classes Per Stripe | | | |
| 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) | 1 st | 2 nd | 3 rd | 4 th |
| 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.