



Women Empowered March 2025

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