



WOMEN EMPOWERED

Official Program Outline & Pink Belt Qualification Card

WOMEN EMPOWERED Class Number Attendance Tracking Technique Names		8			Elbow Escape 14 (Standard Heel Drag Face Down) Guillotine Choke (Guard) 12	Stripe Progress 15 Classes Per Stripe				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.
1	2	3	4	5	6	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.					