

TOTAL EMPOWERMENT

A SURVIVAL HANDBOOK FOR WOMEN

STRENGTH AWARENESS

CONFIDENCE STRATEGY

ASSERTIVENESS DETERMINATION

FAITH IN ONESELF

COMMITMENT GRIEF

LEVELS OF PROTECTION

SELF-DEFENSE CAPABILITY

HEALTHY RELATIONSHIPS

FEAR MANAGEMENT

COMMUNICATION



TOTAL EMPOWERMENT

A SURVIVAL HANDBOOK FOR WOMEN

By Ryron and Rener Gracie

With additional input from Law Enforcement Professionals
and Survivors of Sexual Assault

DISCLAIMER

Please note that the author and the publisher of this book are NOT RESPONSIBLE in any manner whatsoever for any injury that may result from practicing the techniques described within. Since the physical activities described herein may be too strenuous in nature for some readers to engage in safely, it is essential that a physician be consulted prior to training.

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INTRODUCTION

My father, Helio Gracie, was an unusually weak child. When Helio was a teenager, his brother, Carlos, introduced him to the art of Japanese Jiu-Jitsu. He had great difficulty applying the original techniques because they relied on strength, speed, and coordination that he lacked. So, he modified and adapted the techniques to accommodate his frail physique. After several years, he had devised a self-defense system that worked for him. To prove its effectiveness, he challenged and defeated several opponents, some of whom outweighed him by as much as 100 pounds. This was the birth of Gracie Jiu-Jitsu®.

Through my father's efforts and those of several other family members, Gracie Jiu-Jitsu® became known as the most effective martial art in Brazil. As a member of this famous fighting family, I was introduced to the art before I could walk. I taught my first class as a teenager and, by my early 20s, I realized that I would dedicate the rest of my life to helping others achieve total confidence and ultimate empowerment through the uniquely powerful techniques of Gracie Jiu-Jitsu.

In 1978, I packed my kimono and came to the United States determined to share my family's self-defense system with the rest of the world. After teaching out of my garage for ten years, I finally opened the Gracie Jiu-Jitsu Academy® in Torrance, California. In 1993, I created a pay-per-view television spectacle, called the *Ultimate Fighting Championship*®, to showcase the effectiveness of our self-defense system. Within weeks, military, law enforcement, and martial artists from around the world beat a path to my doorstep wanting to learn more about this amazing method of self-defense. In 1994, the U.S. Army asked me to develop a program that would quickly prepare soldiers for hand-to-hand combat. The result was a specialized program based on Gracie Jiu-Jitsu's most effective techniques called *Gracie Combatives*®.

During the many years spent working with the military and nearly every major law enforcement organization in the nation, I learned about the pervasive problem of sexual assault in America. One study from the early '90s reported that 683,000 women are forcibly raped each year, and that one in four women will be sexually assaulted in their lifetime. That suggested to me that between my wife and my three daughters, it was likely that one of them would be the victim of a sexual assault. That was when I realized that Gracie Jiu-Jitsu still hadn't served its most meaningful purpose.

I spent several years studying all aspects of sexual assault. Through correspondence with law enforcement professionals and reports submitted by sexual assault victims, I discovered that, while the specific circumstances of each sexual assault may vary,

the general attack strategies are strikingly similar in most cases. From target selection to the actual physical assault techniques, certain behavioral patterns existed in nearly every case I reviewed.

Armed with an in-depth understanding of the most common psychological and physical attacks used by sexual predators, I created the *Women Empowered*® program. Applying the principles of Gracie Jiu-Jitsu – leverage, timing, and energy efficiency – I developed a series of techniques to counter the most common attacks on women. In addition to the techniques, I established a set of critical awareness principles that would help women altogether avoid attacks.

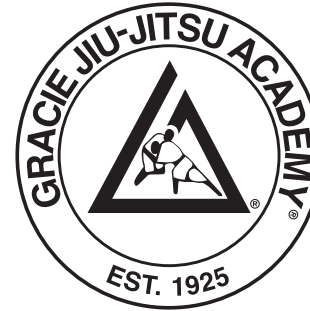
To date, we have taught the *Women Empowered* program to thousands of women. Of the few program graduates who were subsequently assaulted, all successfully escaped from the assailant using the techniques they learned through *Women Empowered*.

The *Women Empowered* program has also benefited survivors of sexual assault. According to many psychologists, the profound feeling of disempowerment caused by a sexual assault may leave a woman with everlasting emotional and psychological scars. The *Women Empowered* program exposes survivors to key awareness principles that can drastically reduce their likelihood of being targeted as well as teaches them proven physical techniques should they ever again face an assailant. For a sexual assault survivor, the enhanced personal power gained from the *Women Empowered* program has proven to be one of the most amazing components of the healing process.

Self-defense is not just a set of techniques; it's a state of mind, and it begins with the belief that *you are worth defending*. No matter what you say or do, you are never at fault if sexually assaulted. You have the power within you to defeat a sexual predator, and the *Women Empowered* program will bring it out of you.

In closing, I am eternally grateful to my children for their efforts in preserving and continually evolving this life-saving program and to the Certified Gracie Jiu-Jitsu Instructors around the world who make this information available to women in their communities. Together, we are saving lives.

-Rorion Gracie



Section 1

The Problem

THE DEFINITION

A problem understood is a problem half solved. Before we discuss the tips, strategies, and techniques that will keep you safe in our unpredictable world, we need to define sexual assault, review the statistics, and review the immediate actions you should take if you or someone you know is sexually assaulted.

The National Center for Victims of Crime defines sexual assault as follows:

Sexual assault takes many forms including attacks such as rape or attempted rape, as well as any unwanted sexual contact or verbal threats. Usually a sexual assault occurs when someone touches any part of another person's body in a sexual way, even through clothes, without that person's consent. Some types of sexual acts which fall under the category of sexual assault include forced sexual intercourse (rape), sodomy (oral or anal sexual acts), child molestation, incest, fondling, and attempted rape. Sexual assault in any form is often a devastating crime. Assaults can be strangers, acquaintances, friends, or family members. Assaults commit sexual assault by way of violence, threats, coercion, manipulation, pressure, or tricks.

THE NUMBERS

How often do sexual assaults take place?

- In 2000, 246,000 women survived rape and/or sexual assault...28 women every hour. (2)
- 1 in 4 college women report surviving rape (15%) or attempted rape (12%) since their fourteenth birthday. (1)
- A survey of female high school students found that 1 out of 5 girls had experienced forced sex (rape). Half of these girls told no one about the incident. (3)
- Rape is common worldwide, with relatively similar rates of incidence across countries, with 19%-28% of college women reporting rape or attempted rape in several countries. In many countries, survivors are treated far worse than in the U.S. (4)
- Among developmentally disabled adult females, as many as 83% are the victims of sexual assault. (17)
- The National Violence Against Women Survey found that rape is a crime committed primarily against youth. Of the women who reported being raped sometime in their lives, 21.6% were younger than age 12, 32.4% were ages 12 to 17, 29% were ages 18 to 24, and 16.6% were over 25 years old. Thus, 54% of women victims were under age 18 at the time of the first rape and 83% were under the age of 25. (18)

Who are the perpetrators?

- According to the National Crime Victimization Survey conducted by the U.S. Department of Justice in 2009, 78% of sexual assaults were committed by non-strangers (friend, acquaintance, intimate partners, or relatives); strangers committed only 22%.
- 60% of men who rape are Caucasian. (5)
- 8% of men admit committing acts that meet the legal definition of rape or attempted rape. Of these men who committed rape, 84% said that what they did was definitely not rape. (1)
- More than 1 in 5 men report "becoming so sexually aroused that they could not stop themselves from having sex, even though the woman did not consent." (6)
- 35% of men report at least some degree of likelihood of raping if they could be assured they wouldn't be caught or punished. (7)
- Sexual assault offenders were substantially more likely than any other category of violent criminal to report experiencing physical or sexual abuse as children. (5)
- Nearly 1 in 4 women may experience sexual violence by an intimate partner in their lifetime. (11)
- In a study of elder female sexual abuse victims 81% of the abuse was perpetrated by the victim's primary caregiver, and 78% by family members of which 39% were sons. (12)

What are the circumstances?

- 57% of rapes happen on dates. (1)
- 75% of the men and 55% of the women involved in non-stranger rapes were drinking or taking drugs just before the attack. (1)
- About 70% of sexual assault survivors reported that they took some form of self-protective action during the crime. (5)
- 55% of gang rapes on college campuses are committed by fraternities, 40% by sports teams, and 5% by others. (8)
- More than half of all rape and sexual assault incidents occurred within one mile of the survivor's home or in her home. (5)
- In 29% of rapes, the offender used a weapon. (15)

What happens after the sexual assault?

- The National Crime Victimization Survey has reported that approximately 30% of rape survivors over the last 10 years reported the incident to the police. (2)
- Of those rapes reported to the police, only 16% result in prison sentences. Therefore, approximately 5% of the time, a man who rapes ends up in prison; 95% of the time he does not. (2)
- 30% of rape survivors contemplate suicide after the rape. (1)
- 82% of rape survivors say the rape permanently changed them. (1)
- The adult pregnancy rate associated with rape is estimated to be 4.7%. (9)
- Each year, an estimated 25,000 American women will become pregnant following an act of sexual violence. (13)
- There is at least a 50% likelihood that a woman will develop Post Traumatic Stress Disorder (PTSD) after being raped. Sexual assault is also closely associated with depression and anxiety disorders. (14)
- In a survey of victims who did not report rape or attempted rape to the police, 43% thought nothing could be done, 27% felt it was a private matter, 12% were afraid of police response, and 12% felt the assault was not important enough to report. (16)
- Rape survivors who had the assistance of an advocate were significantly more likely to have police reports taken and were less likely to be treated negatively by police officers. These women also reported that they experienced less distress after their contact with the legal system (19).

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IF IT HAPPENS

If you are sexually assaulted, it is critically important that you understand that, no matter what you did, where you were, what time of day it was, or what you were wearing, the assault was in no way your fault. Sexual assault has little or nothing to do with passion, lust, or sexual arousal; it is primarily based on the perpetrator's need to control, dominate, abuse, and humiliate.

Survivors of sexual assault react in many different ways following the assault(s). The first and most important step following an assault is to call a friend, relative, partner, the police, or an advocate specifically trained in assisting survivors of sexual assault.

The decision to report a sexual assault is yours. If you intend to report the assault to law enforcement, attempt to preserve as much evidence as possible. Do not:

- Shower, bathe, or douche
- Throw away any clothes that were worn at the time of the assault
- Brush or comb your hair
- Use the restroom
- Brush your teeth or gargle
- Put on makeup
- Clean or straighten up the crime scene
- Eat or drink anything

If possible, you should immediately record everything you can remember about the incident including:

- Physical description (e.g., height, weight, hair color, clothes, scars, tattoos)
- Statements, voice characteristics
- Evidence of intoxication or drug use
- Description of weapons
- Details of sexual activity

This detailed documentation not only helps to identify and prosecute the assailant, but can also restore a victim's confidence by providing an active role in the investigation and trial.

If someone you know is sexually assaulted, here are some things you can do to help:

- Listen without judging
- Let them know the assault was not their fault
- Let them know they did what was necessary to survive
- Reassure the survivor that they are cared for and loved
- Encourage the survivor to seek medical attention
- Encourage the survivor to talk about the assault with an advocate, mental health professional, or someone they trust and let them know they do not have to manage this crisis alone

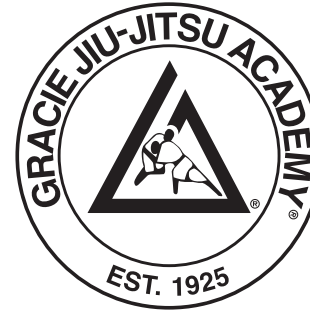
Resources

Rape, Abuse, and Incest National Network (RAINN)

National Sexual Assault Hotline

1 (800) 656-HOPE (4613)

www.rainn.org



Section 2

The Solution

STREET SMARTS

Now that you understand the problem, we are ready to solve it. In this section, we will review personal safety strategies. Then, we will dissect the most common tactics used by sexual predators – both strangers and non-strangers – to ensure that you are always one step ahead of them.

In the 15 lessons of the *Women Empowered* program we teach you a series of simple, highly effective self-defense techniques for use during an assault. However, “self-defense” begins long before the fight gets physical. Your first and most important line of defense is a heightened sense of awareness – awareness of yourself, awareness of your surroundings, and awareness of the assailant’s strategies.

The element of surprise is a criminal’s greatest advantage. Sexual predators, in particular, are known for targeting women who appear unaware of what is going on around them. By simply being attuned to your surroundings and “walking strong,” you can prevent most, if not all, assailants from targeting you. The following awareness principles and safety tips can help you win the fight before it starts. But, remember that while lists of “dos and don’ts” are useful, the underlying mindset that informs them is even more useful. If you understand the mindset, you will naturally behave in ways that minimize your risk of assault.

The mindset is defined by **your commitment to protecting yourself by staying alert and aware of your surroundings, taking reasonable precautions against realistic risks, trusting your instincts, and being willing to act on those instincts when necessary.** You must practice to develop and practice to maintain the mindset – so start now! As you read the following list of safety tips drawn from police department websites, think about how each reflects that mindset. Later, you’ll have a chance to interpret them in the context of the *Triangle of Victimization*.

The Basics

- Wherever you are – on the street, in an office building or shopping mall, driving, waiting for a bus or subway – stay alert and attuned to your surroundings.
- Send the message that you’re calm, confident, and know where you’re going.
- Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.
- Know the neighborhoods where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, and restaurants, or stores that are open late.

- Have to work late? Make sure others are in the building, and ask someone – a colleague or security guard – to walk you to your car or transit stop. If you’re a college student, don’t hesitate to use your campus escort service.
- If you think someone is following you, switch directions or cross the street. Walk toward an open store, restaurant, or lighted house. If you’re scared, yell for help.

To the Car and On the Road

- Walk to and from your car with purpose and stay alert.
- Approach your car with the key in hand. Look around and inside the car before entering.
- Be wary of people asking for directions or handing out flyers.
- Trust your instincts – if something makes you feel uneasy, get into the car quickly, lock the doors, and drive away.
- Keep your doors locked and windows rolled up (at least part-way, if it’s hot and you don’t have air conditioning), no matter how short the distance or how safe the neighborhood.
- Don’t stop to assist a stranger whose car is broken down. Drive to the nearest phone and call the police to help.
- Park in well-lit areas, near sidewalks or walkways. Avoid parking near dumpsters, woods, large vans or trucks, or anything else that limits your visibility.
- Do everything you can to keep a stranger from getting into your car or to keep a stranger from forcing you into his or her car.

Public Transportation

- Use well-lit, busy bus and subway stops.
- On buses and subways, stay alert! Don’t doze or daydream.
- If someone harasses you, don’t be embarrassed. Loudly say, “Leave me alone!” If that doesn’t work, hit the emergency device.
- Watch who gets off the bus and/or subway with you. If you feel uneasy, walk directly to a place where there are other people.

At Home

- Make sure you have your key out as you approach your door.
- Make sure your entrance area is well lighted.
- If you live in an apartment or dormitory, don't be polite and hold the lobby door open for a stranger who has been waiting.
- List only your last name and first initial in your mailbox.

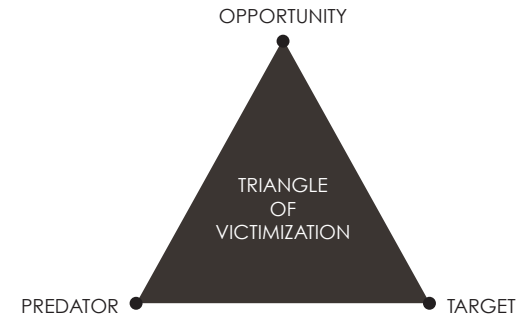
On the Town

- Do not accept drinks from anyone if you did not see them prepared.
- Do not leave your drink unattended for any period of time.
- Always inform a family member or friend of your whereabouts.
- When entering a bar or club, always know where emergency exits are located in case of a fire or other emergencies.
- Be familiar with your surroundings (street names, landmarks, etc.); this specific information will be needed to locate you in case of emergency.
- Do not drink and drive or accept a ride from anyone who has been drinking. Designate a driver who will not drink.
- Do not leave your bag unattended.
- Arrange a buddy system with a friend and always watch after each other.
- Never leave a bar or club with a stranger.
- Carry a cell phone. When possible, call 911 if you are being harassed.
- Always carry enough money for a taxi.

Review these Street Smart tips often and share them with your friends. While most of these tips seem like common sense, they are not necessarily common practice. If you tell ten people about these tips, each of them hears them once, but you hear them ten times. Following the Street Smart tips will dramatically reduce your vulnerability to attack by increasing your awareness.

THE TRIANGLE OF VICTIMIZATION

The Triangle of Victimization (Figure 1) graphically summarizes the vital role that heightened awareness plays in your personal safety.

Figure 1

The Triangle depicts the three components of a sexual assault: a predator, a target, and an opportunity. If one of the three components isn't present, a sexual assault cannot take place. For example, you could be at your local grocery store standing right next to a rapist. But, he can't sexually assault you because you are in a well-lit store surrounded by people. In other words, there is a predator, a potential target, but no opportunity, so the Triangle is incomplete. If, however, you leave the grocery store, and venture into a desolate parking lot without scanning your surroundings or asking for an escort, the predator will have the opportunity to complete the Triangle and carry out the assault.

The predator is an independent variable, so you can only influence the triangle by making yourself less of a target and by minimizing opportunities. Although a sexual assault can occur under many circumstances, studies show that the five most likely locations are:

1. Your home
2. Mall parking lots
3. Automated Teller Machines (ATMs)
4. Gas stations & convenience stores
5. College campuses

We realize that you cannot avoid all of these locations. That is why it is so important that you train yourself to be aware of assault opportunities at all times. A determined sexual predator seeks to create opportunities, so it's up to you to stay one step ahead and ensure the assailant cannot complete the Triangle of Victimization.

STRANGER STRATEGIES

There are two types of sexual predators: strangers and non-strangers. While both types of predators have a common objective, they employ different strategies. In this section, we will discuss the four-phase strategy most commonly used by strangers and describe the defensive tactics that apply in each phase of their assault. We'll teach you how to defend against non-strangers in the next section.

Sexual assault studies and survivor reports indicate that nearly all stranger-related assaults follow the same four-phase strategy: 1) Identify an unsuspecting target, 2) Subdue the target, 3) Exhaust the target, and 4) Execute the sexual assault.

Phase 1: Identify an Unsuspecting Target

Assaults by strangers rely heavily on the element of surprise. This requires that they approach their target undetected. Accordingly, they target potential victims who are distracted, inattentive, physically weak, and/or timid, and they select locations that enable them to strike quickly and out of view of potential rescuers. Phase 1 ends when the predator has selected a target.

Phase 1 Survival Strategies

The most important Phase 1 defensive strategy is heightened awareness. Practicing the Street Smart mindset and understanding the Triangle of Victimization will reduce your vulnerability by limiting opportunities for the predator to surprise you. Develop the habit of constantly scanning your surroundings, making direct eye contact with the people around you, and maintaining an alert posture. These practices will project confidence and readiness that will deter potential attackers seeking vulnerable targets.

Phase 2: Subdue the Target

Once within striking range, the predator will seek to subdue the target. Phase 2 begins with the initial contact. The nature and severity of the contact can range from coercive language to physical assault. Sometimes, the predator will verbally threaten or grab the target to gauge resistance. More often, a stranger will attempt to overwhelm the target with tremendous force, and then move the victim to a secluded site. Phase 2 ends once the predator gains full control and forces the target to the ground.

Phase 2 Survival Strategies

Phase 2 survival encompasses all actions that prevent the sexual predator from gaining physical control. In the *Women Empowered* program, we teach you how to escape from the most common attacks, as well as verbal strategies that establish boundaries prior to physical contact. If the predator gains control of you, attempt to remain on your feet and avoid abduction at all costs. If the predator can't get you to the ground or remove you from public view, he cannot advance to Phase 3.

Phase 3: Exhaust the Target

Phase 3 begins after the predator has subdued the target. The predator will attempt to physically and psychologically "break" the target's will to resist by pinning her to the ground or striking her. In Phase 3, the predator expects the woman to panic and fight wildly to escape. This behavior hastens exhaustion, and it feeds the predator's need to control and dominate the target. He knows that a demoralized and exhausted target will more easily succumb to the sexual assault. Phase 3 ends when the predator believes that the target has mentally and physically surrendered.

Phase 3 Survival Strategies

In Phase 3, your primary objective is to escape and flee. This is where most other women's self-defense programs mistakenly teach their students to fight wildly, thrash about, and strike at their captor. In Phase 2, we recommend these explosive responses, as they can be highly effective when the predator is trying to subdue you. However, once the predator has pinned you to the ground in Phase 3, this type of behavior is extremely risky as it quickly depletes your energy and saps your will to fight. The keys to survival in this phase are to avoid panic, conserve energy, and escape using a leverage-based technique when the opportunity arises. Although there are dozens of women's self-defense courses that provide sound strategies for Phase 1 and Phase 2 survival, the *Women Empowered* program stands alone in its ability to empower women for the eventualities of Phase 3.

Phase 4: Execute the Sexual Assault

Phase 4 begins when the predator attempts to rape the target and ends with the completion of the crime. During this phase, the assailant will rely on the target's exhaustion, demoralization, and fear to maintain control.

Phase 4 Survival Strategies

If unable to escape during Phase 3, a "false surrender" signaling that you can or will no longer resist may create additional opportunities. Use verbal and physical cues to convince your attacker that you will cooperate using phrases like, "I give up," "Please don't hurt me," and "I'll do whatever you want." When the assailant shifts from physically restraining you to preparation for the Phase 4 assault, you will have an opportunity to apply several *Women Empowered* techniques that will facilitate escape or incapacitate the predator. Feigning surrender is very difficult. In fact, it requires the same level of diligent practice as the physical techniques presented in the *Women Empowered* lessons.

The Bottom Line

Your ability to adjust your survival strategy to match each phase of the assault is vitally important. Note that the applicable techniques and your mindset change dramatically in each phase. If you select the wrong strategy, your actions may be ineffective or even counterproductive. Use your Street Smarts to heighten awareness and reduce your chances of being targeted, but perfect the techniques and master the principles presented in the *Women Empowered* program to ensure that you have a realistic and reliable action plan if assaulted.

A Word on Weapons

In most of the United States, first-degree rape carries a minimum sentence of 3-5 years. If the assailant uses a deadly weapon (knife, gun, etc.) during the assault, the minimum sentence jumps to 15-20 years with a maximum sentence of life imprisonment or death. This helps explain why deadly weapons are used in only 29% of sexual assaults (according to a study conducted by the U.S. Department of Justice). If you are sexually assaulted, the attacker probably won't have a weapon. If he does, here are a few critical points to keep in mind.

- If the assailant is after your purse, necklace, or car, give it to him. No material object is worth risking your life over.
- If you are in a public place and a predator attempts to abduct you with a weapon, don't go. If he's willing to kill you in public, then he's certainly willing to kill you in isolation.
- If you have been isolated against your will and are under his control, feign compliance until a clear escape opportunity presents itself and then make your move.
- The attacker uses the weapon to intimidate and control his target. If you can convince the attacker that he doesn't need the weapon and that you will cooperate without it, he might put it down giving you an opportunity to escape.
- If all else fails, you can use the *Women Empowered* weapon defense techniques (Lesson 15) to neutralize the threat. Be sure to execute the technique with total conviction because your life depends on it.
- Once you execute the appropriate technique and you gain control of the weapon, do whatever it takes to ensure the assailant does not regain control of the weapon or of you.

NON-STRANGER STRATEGIES

According to a National Crime Victimization Survey conducted by the U.S. Department of Justice in 2009, non-strangers committed 78% of all reported sexual assaults. Put simply, people who are familiar to the target (friends, acquaintances, colleagues, relatives, etc.) conduct 4 out of 5 sexual assaults. While the objective is the same as that in a stranger-related assault, the methods used by non-strangers are very different, especially during the first three phases. The strategy is more insidious and usually is in play over a longer period of time. The four phases are: 1) Intrusion, 2) Desensitization, 3) Isolation, and 4) Execute the Sexual Assault.

Phase 1: Intrusion

Non-stranger assailants take advantage of their existing relationship with potential targets and initially appear non-threatening. They generally select targets that are timid, weak, drunk, susceptible to the predator's influence, or otherwise unlikely to resist their advances. Once the target has been identified, the assailant will begin by probing the target's boundaries by testing tolerance for inappropriate behavior. The intrusion will include everything from suggestive sexual comments and questions to inappropriate physical contact. Often, the influence of drugs or alcohol will contribute to both the predator's boldness and the target's willingness to accept the behavior. Phase 1 ends once the predator believes that the target accepts the initial intrusive behaviors.

Phase 1 Survival Strategies

The most important Phase 1 survival strategy is to carry yourself with confidence and to establish strong boundaries. First, know your metaphorical and physical boundaries. How much interaction are you interested in? How much personal space do you need? How much physical contact is OK? The answers will likely vary depending on your age and the social circumstances. At all times, however, you have the right to assert yourself and express your disapproval if the predator says or does something inappropriate. In response, the predator will often attempt to make you feel guilty for "making a big deal out of nothing," but stand your ground. If the behavior makes you feel uncomfortable, then it's inappropriate. If it's inappropriate, it should stop. Bottom line: A well-meaning person will not insist on making you uncomfortable.

Phase 2: Desensitization

Phase 2 begins with repeated verbal, physical, or psychological intrusions on personal boundaries in those areas where the predator found exploitable vulnerabilities. This process – which may last a single evening or several months – desensitizes the target and emboldens the predator. Once the original intrusive behaviors become commonplace in the relationship, the predator will gradually introduce new, more intrusive behaviors to further desensitize the target while creating a level of intimacy that would not exist in a healthy relationship. Phase 2 ends when the predator believes the target is sufficiently desensitized to maneuver to an isolated site without suspicion or resistance.

Phase 2 Survival Strategies

Because someone you know commits this type of sexual assault, it is easy to dismiss or forgive the initial intrusive behaviors based on the belief that the person would not harm you. The key to Phase 2 survival is to understand that even though you may have initially overlooked the predator's inappropriate gestures, you need not continue to do so. As soon as you feel uncomfortable or detect bad intentions, express your concerns, define your boundaries, and end it. For most people, the greatest challenge in this phase is openly expressing concerns about previously tolerated behaviors. When your safety and well-being are at stake, you can't afford to be concerned with anyone else's feelings or public image, including your own. The longer you allow the inappropriate behavior to continue, the more desensitized and vulnerable you will become. So, it's important to stop the behavior as soon as possible.

Phase 3: Isolation

In Phase 3, the predator will attempt to isolate the target to reduce the likelihood of interference with the planned assault. Isolation also ensures that no one witnesses the predator's actions. Phase 3 ends when the predator has isolated the target.

Phase 3 Survival Strategies

The key to Phase 3 survival is to avoid being isolated with anyone you suspect might have malicious intentions. Trust your instincts! Be aware that non-strangers are extremely surreptitious and will say or do anything to isolate you. Note that a sexual predator may skip Phases 1-2 if the opportunity for isolation exists. If isolated with a suspicious individual, return to a populated site as quickly as possible. If the predator attempts to detain you, then use your *Women Empowered* self-defense techniques to escape.

Phase 4: Execute the Sexual Assault

In Phase 4, the predator will leverage the false intimacy of the relationship to disguise his intentions and execute the planned sexual assault. Because the target may have tolerated inappropriate sexual comments or touching, the predator will insinuate that the proposed sexual advances are the natural progression of the relationship. If the target resists, the predator may use verbal strategies to coerce her into remaining – he might, for example, make the target feel guilty for “leading him on.” The level of violence used to execute the sexual assault will usually vary in proportion to the level of resistance from the target. At this point, the attack may begin to mirror that of a stranger-related assault as described in Phases 2, 3, and 4 of the previous section.

Phase 4 Survival Strategies

The bottom line is that you are never obligated to engage in sexual activity! This is the core of Phase 4 survival. If forced to engage in sexual activity, then you have every right to resist regardless of the nature of your relationship. If the predator pins or traps you, then the situation mirrors a stranger-related sexual assault. Use your *Women Empowered* self-defense techniques and the same strategies described for the sexual assault by a stranger to escape from or incapacitate your assailant. When you decide to act, do so with confidence and conviction to ensure your safety.

Instrumental Violence vs. Gratuitous Violence

In order to disguise their intentions, non-stranger sexual predators use “instrumental violence,” a level of violence that is proportionate to the level of resistance.

Strangers, in contrast, use “gratuitous violence” or “extreme violence.” Alcohol is the weapon of choice for non-stranger sexual predators as it impairs the target’s judgment, weakens defense mechanisms, and facilitates the assault.

The Undercover Sexual Predator

The non-stranger is an “undercover” sexual predator. The non-stranger’s actions are very different than those of the stranger sexual predator, but are just as illegal, just as harmful, and just as punishable. Imagine that a stranger and a non-stranger sought to poison you. The stranger would likely wait in hiding, then strike with suddenness and inject you with the poison. On the other hand, the non-stranger’s approach might entail an enjoyable evening dinner date and friendly discussion over a bottle of wine. When you excuse yourself to visit the restroom, the predator swiftly pours an odorless, colorless poison into your drink. The methods differ, but the crime is the same.

One of the reasons why sexual assault is such an underreported crime is because non-strangers perpetrate most assaults. And, sadly, in many such cases, ***the survivor doesn’t realize that a sexual assault occurred.*** Although stranger-related sexual assaults are far less likely than non-stranger assaults, they receive far more media attention. When a person is sexually assaulted in a way that does not fit the media-driven stereotypical mold of stranger-related sexual assault, they may question whether or not what happened constitutes sexual assault. “We were both a little drunk and got carried away.” “One thing just led to another and I didn’t know how to say ‘no.’” If consent was not fully and freely given (and it cannot be if the person is incapacitated by drugs or alcohol), it’s sexual assault – and may be rape.

Even though non-stranger sexual assaults, such as date rape, do not fit the conventional view of a violent sexual assault, they are just as wrong and just as punishable as anything you might see on the news. You have the right to defend yourself against non-strangers with the same confidence and conviction you would use to fight off any stranger who tried to violate you.

VERBAL SELF-DEFENSE

The Three-Part Statement

When dealing with non-stranger sexual predators, especially during intrusion, desensitization, and isolation, it is critically important to use verbal assertiveness to establish and reinforce your boundaries. If someone says or does something that makes you uncomfortable, then use this Three-Part Statement to draw or reinforce the boundary.

Step 1: State the behavior**Step 2: State how it makes you feel****Step 3: State the desired outcome**

Example 1

"When you ask me about my personal life, it makes me feel uncomfortable. Please don't do it anymore."

Example 2

"When you touch me like that, it makes me feel violated. Please stop doing that."

Example 3

"When you insist on me drinking, it makes me feel disrespected. Please leave me alone."

When delivering the Three-Part Statement, stand tall with your shoulders back, present a calm, serious face, and use a firm voice to stress the gravity of the situation and your commitment to countering the predator's behavior. If the predator senses any degree of sarcasm or hesitation in your statement, he may misinterpret or intentionally dismiss your statement. If the predator ignores your request, use the "Broken Record" strategy – simply repeat your statement, at progressively higher intensity levels, until the predator acknowledges the boundary.

The Conversational Web

Predators may use the "Conversational Web" during the early phases of an assault. This play involves the predator sidestepping your attempts to set boundaries and draw you into a conversation. For example, you might say, "When you ask me about my personal life, it makes me feel uncomfortable. Please don't do it anymore." The predator responds with, "I'm not trying to make you feel uncomfortable – I just want to get to know you better. After all, I've told you personal things about myself." You can see how easy it would be to get tangled up in a whole new conversation.

Common indicators of the Conversational Web are someone asking you to justify your position on an issue, trying to change your decision, or simply staying on topic after you've stated your decision. The predator's ultimate goal is to engage you in a conversation long enough to eventually persuade you to do something you don't want to do. The key to defending against it is to recognize it as it develops, and then use a strong Three-Part Statement to draw the line and end the conversation.

COLLEGE CONCERNS

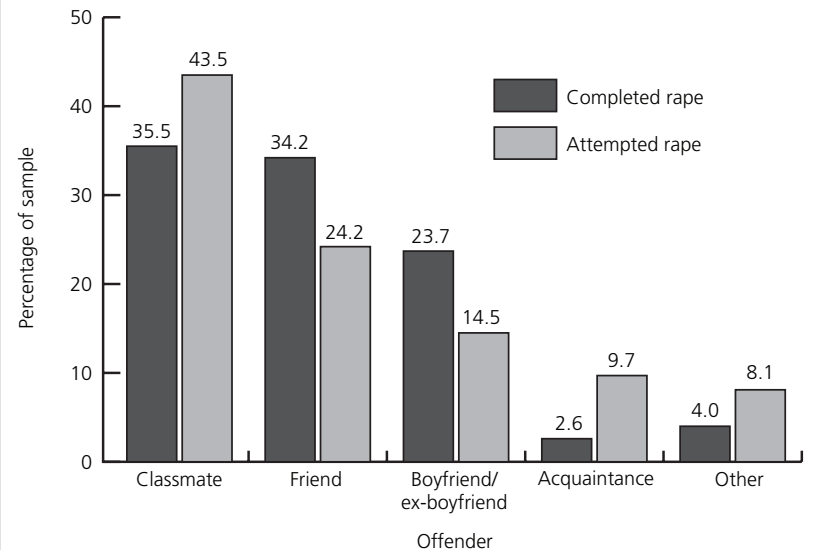
A national survey found that 83% of the women who reported being raped at some

point in their lives were under the age of 25 at the time of the incident. This indicates that college women have a much higher risk of being sexually assaulted than the rest of the population. In fact, a recent study entitled "The Sexual Victimization of College Women" revealed that approximately 24% of all female college students have been sexually assaulted and that non-strangers conducted 90% of the reported sexual assaults. In this section, we will explore some additional statistics and safety tips that, when used in combination with the non-stranger survival strategies discussed in the previous section, will increase awareness and optimize safety for female college students.

Who Are the Perpetrators?

As Figure 2 illustrates, the study on the sexual victimization of college women also provided a detailed breakdown of the victim-offender relationship in all the reported incidences of non-stranger sexual assault.

Figure 2: Victim-Offender Relationship for Rape Victimization Committed by Single Offenders



Where do the Assaults Take Place?

According to the study, most of the sexual assaults reported by college women occurred off campus in bars and nightclubs or in student residences close to campus. Of the assaults that took place on campus, the majority of sexual victimizations, especially rapes and physically coerced sexual contact, occurred in living quarters. Almost 60% of the completed rapes that occurred on campus took place in the target's residence, 30% occurred in other living quarters on campus, and about 10% took place in a fraternity.

Who is Most Likely to be Targeted?

Not surprisingly, predators targeted specific groups of college women. The most significant factor is frequency of alcohol consumption. Predators targeted women who were frequently drunk more than other women. They also targeted freshmen and sophomores more than upperclassmen. This is not surprising, because younger women are less likely to know their own boundaries and possess the necessary skills to maintain them. And, of course, alcohol reduces the ability of anyone to resist an assault.

Be Strong, Be Smart, Be Safe

If you are a student, the most important thing to keep in mind is that campuses are potentially dangerous places. With "classmates" or "friends" conducting over half of all sexual assaults, it's clear that having a male acquaintance over for an evening study session can be risky. Here are five critical things you can do to ensure that your college experience is safe and positive:

1. Consume Safely: Alcohol is the most commonly used "date rape drug." Students who are mentally and physically impaired by alcohol are less able to identify risky situations, are less able to make good decisions, and are less able to respond physically when/if they are assaulted. Although the best option is to avoid alcohol altogether, if you're going to drink, make sure you have a trusted friend serving as a "designated defender" at the gathering. This friend's job is to remain sober and to ensure that you are not isolated from the crowd or caught off guard by anyone, regardless of how familiar they may be.

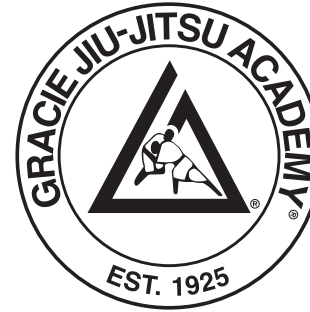
2. Trust Cautiously: With non-strangers (classmates, friends, boyfriends, acquaintances, etc.) conducting 90% of all sexual assaults, it is imperative that you never let your guard down. If someone you know has malicious intentions, they will go to extraordinary lengths to build an intimate relationship that they can exploit through sexual assault. Make friends, and enjoy life, but trust your instincts – if someone makes you uncomfortable, don't trust them.

3. Invite Carefully: With 60% of on-campus rapes taking place in the target's residence, it is crucial that you are very careful with whom you allow into your house, apartment, or dorm room. Meet with a classmate in a public place. If you must bring someone into your place of residence, then ensure you have one or more trusted friends there with you.

4. Establish Boundaries: The strongest boundaries are those that you establish long before they are tested. Decide now what you will and won't tolerate from the various people in your life (friends, classmates, acquaintances, etc.) so that it will be much easier to speak out when someone crosses the line. If someone says or does something that makes you uncomfortable, immediately and clearly tell them how you feel. This should not be difficult to do with true friends. Keep close friends, but remember that no one is more responsible for your safety than you.

5. Defend Relentlessly: Do not hesitate to defend yourself using verbal assertiveness strategies and your physical self-defense techniques if someone violates your boundaries. Don't let the familiarity of a fellow college student cause you to second-guess your actions. Regardless of what you permit, overlook, or dismiss in the early stages of a relationship, you always have the right to prevent further advances or intrusion. If trapped against your will, use any means to escape.

Your college experience should be an enjoyable time to learn and grow. Remember that popular behavior isn't always the safest behavior. The odds are that someone will test your boundaries at some point during your time at college; the sooner you define the line, the more quickly you will be able to detect and respond to inappropriate behavior. Remember, too, that true friends will respect your boundaries.



Section 3

The Program

No matter how diligently you practice awareness and avoidance techniques, someone might slip through your defenses and attack you. Regardless of your age or physical condition, you CAN and SHOULD defend yourself. You have the moral and legal right to defend yourself even if the assailant is only threatening and has not yet struck you. Many people fear that fighting back will anger the attacker and lead to worse outcomes. Statistics clearly show that your odds of survival are far greater if you do fight back, and your risk of injury is no greater than if you don't.

No right or wrong self-defense techniques exist. Every assault is different, and the only thing that matters is your survival. The aim of the *Women Empowered* program isn't to give you a technique for every possible scenario – that would be impossible. Instead, we want to teach you the most reliable self-defense techniques for the most common attack situations. We will not only show you the steps of each technique, but also teach you the governing principles so that you can personalize the moves to fit your situation.

The *Women Empowered* program is unique in that it is effective for all women. We based all of the techniques on the time-tested principles of Gracie Jiu-Jitsu – leverage, timing, and energy efficiency. None require strength, speed, or coordination. In addition, *Women Empowered* is the only self-defense system that effectively addresses what to do in the worst-case scenario: when the assailant pins you to the ground against your will. Regardless of your age, weight, or fitness level, you can learn the techniques and boost your confidence to the next level with *Women Empowered*!

LESSON STRUCTURE

The *Women Empowered* program consists of 15 lessons – 10 Core Lessons and 5 Advanced Lessons. In the Core segment, we will teach you how to escape the most common control holds, including wrist grabs, chokeholds, and bear hugs. You will also master the critical physical and psychological techniques that will enable you to avoid panic and escape from an attacker who has pinned you to the ground. In the Advanced Lessons, we will teach you how to defend against less likely but equally frightening attacks including techniques for defending yourself against a predator armed with a gun or knife.

To ensure that your at-home learning experience emulates the live training students receive at the Gracie Academy Headquarters in Torrance, CA, we present the *Women Empowered* lessons on DVD in precisely the same format that you would experience if you were to receive private lessons from a Gracie Academy instructor.

Each lesson has four parts:

1. Rapid Review: The first and most important segment of each lesson is the Rapid Review during which you review all of the previously learned techniques to build confidence and strengthen reflexes. The further you advance through the curriculum, the more techniques you're expected to include in the Rapid Review. As your execution of the techniques sharpens, your training partner can increase the level of resistance or attack you on your weak side in order to maximize the productivity of this exercise.

2. Technical Slices™: We use a powerful teaching method called "Technique Slicing" in which we break the information into a series of simplified drills or "slices." Once you've mastered the slice, we show you how to apply all the details and variations of the new technique in smooth combination.

3. Reflex Development Drill™: In the Reflex Development Drill, we will teach you how to execute all the variations of the newly learned technique in combination with previously learned techniques. The Reflex Development Drills train you to remain calm and avoid panic by strengthening your ability to choose the most applicable technique for any particular situation.

4. Mindset Minute: At the end of each lesson, we provide valuable insight into the most important details, concepts, and principles of the featured technique.

RECOMMENDED TRAINING SCHEDULE

Study the *Women Empowered* DVD lessons in the prescribed sequence as each technique builds on the skills learned in previous lessons. We designed each lesson so that you can complete it in 30-60 minutes. Do not start a new lesson until you have memorized all of the steps of your current lesson and can execute the technique with ease. If you can execute the technique on both the left and the right side of your body with equal effectiveness, then you are ready to advance to the next lesson.

When going through the program for the first time, we recommend that you practice at least two to three days per week to reinforce your knowledge of the techniques. Practicing one day a week is certainly better than nothing, but the extended period of time between each training session will decrease your retention of the lessons. If you have the time and the passion, it is okay to complete more than one lesson on any given day. This is especially true for some of the simpler techniques in the program.

Because the techniques featured in the Advanced Lessons are complex, it is important that you can confidently execute all ten Core Lessons before attempting the advanced techniques. More important, it is absolutely essential that you cycle through all 15 lessons at least three times before you consider the program "completed." There is a huge difference between simply memorizing the steps of a technique and internalizing it to the point of developing the reflexes and conviction that will save you during a real assault. No matter how dedicated or focused you are when you first cycle through the lessons, our experience has taught us that these additional cycles provide two crucial benefits. First, you will invariably pick up on one or more important detail(s) per technique every time you complete the lesson. Second, your confidence in the execution of the techniques will grow immensely with repeated practice.

If at any point during your training, you have a question that isn't effectively addressed in the lessons, you can post it to the 'Ask the Gracies' forum at www.GracieUniversity.com, and a Gracie Academy instructor will help you find the way.

THE 15 LESSONS

Listed below are the 10 Core Lessons and the 5 Advanced Lessons that constitute the *Women Empowered* program. For each lesson, we've included the featured slices and a brief description of the technique so you can refer to them when training without the assistance of the DVDs.

Lesson 1: Combat Base

Slices: *Base Get-up* | *Push Base* | *Pull Base*

A sexual predator usually attempts to separate his target from the crowd prior to carrying out the assault. In this lesson, we teach you how to establish a rock-solid base so the attacker can neither push nor pull you against your will.

Lesson 2: Wrist Releases

Slices: *1 on 1* | *2 on 1* | *2 on 2* | *Inverted Grip (High)* | *Inverted Grip (Low)*

A man will grab a woman by the wrists to detain, neutralize, or demean her. In this lesson, we teach wrist releases guaranteed to free you from any wrist grab, regardless of your attacker's strength.

Lesson 3: Trap and Roll Escape

Slices: *Standard Variation* | *Punch Block Variation*

Being trapped beneath a sexual predator is a nightmarish experience potentially leading to panic, suffocation, exhaustion, and eventual submission. In this lesson, we teach you two highly effective escapes from this frightening position.

Lesson 4: Front Choke Defenses

Slices: *Standard Variation* | *Wall Pin Variation*

Assailants often attempt to strangle their victims during a sexual assault. In this lesson, we teach you how to apply leverage to escape the two most commonly used Front Chokes. These techniques epitomize Gracie Jiu-Jitsu.

Lesson 5: Super Slap

Slices: *Solo Slap* | *Super Slap Combos*

Striking a larger, stronger assailant in the face with punches has limited effectiveness and may cause you to break your hand. In this lesson, we teach you how to use a Super Slap to disrupt the attack and facilitate your escape.

Lesson 6: Guard Get-up

Slices: *Shrimp Drill* | *Kick Drill* | *Standard Variation* | *Super Lock Variation*

The Guard Get-up is the most important physical technique in the course. The ultimate goal for most sexual predators is to get inside their targets' legs. Should you find yourself in this worst-case scenario, the Guard Get-up will enable you to remain calm, stay safe, and escape at the right time.

Lesson 7: Stop-Block-Frame

Slices: *Distance Control* | *Block and Move* | *Block and Frame*

Sexual predators often test their targets' spatial boundaries. In this lesson, we teach you how to use verbal assertiveness to establish your personal space and what to do if the attacker crosses the boundary and physically assaults you.

Lesson 8: Trap and Roll Extras

Slices: *Spread Hand Variation* | *Wrist Pin Variation*

In Lesson 3, you learned two variations of the Trap and Roll Escape. In this lesson, we teach you two more variations, including what to do if a man achieves the most terrifying position: mounted on top of you while pinning both of your wrists to the ground.

Lesson 9: Guard Get-up Extras

Slices: *Punch Block Series (Stage 1) | Heavy Chest Variation | Wrist Pin Variation | Choke Variation*

The greatest challenge when trapped beneath an attacker is to avoid panic and exhaustion. In Lesson 6, we introduced you to the basic Guard Get-up principles. In this lesson, we teach you additional variations of this critically important technique to ensure your survival against an attacker trying to punch, pin, or choke you.

Lesson 10: Triangle Choke

Slices: *Triangle Finish | Giant Killer Variation*

If you are in a confined space with a sexual predator, escape may not be an option. In this lesson, we teach you the Triangle Choke, an incredibly powerful Gracie Jiu-Jitsu technique that uses your legs to render your attacker unconscious from the bottom of the fight!

Lesson 11: Hair Grab Defenses

Slices: *Standing Variation | Mount Variation | Guard Variation*

An assailant will often attempt to control his target by grabbing her hair. In this lesson, we teach you how to defend against the most common hair grabs, whether standing or on the ground.

Lesson 12: Guillotine Choke

Slices: *Standing Variation | Guard Pull Variation | Sitting Variation | Punch Protection*

When your attacker lowers his head to tackle you, he unknowingly creates a perfect opportunity for a Guillotine Choke. In this lesson, we teach you three variations of this powerful choke, as well as what to do if the assailant attempts to overwhelm you with strikes.

Lesson 13: Elbow Escape

Slices: *Standard Variation | Heel Drag Variation*

If none of the Trap and Roll Escapes work, you can use this “emergency escape” to put the attacker in your guard. From there, you can use your Guard Get-up techniques to escape when the time is right.

Lesson 14: Rear Attack Defenses

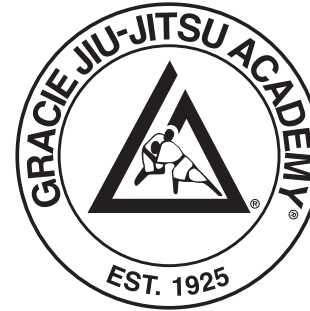
Slices: *Rear Choke Defense | Rear Bear Hug Defense | Rear Naked Choke*

A surprise attack from behind is one of the most challenging attacks to overcome. In this lesson, we teach you how to escape when someone attempts to choke you or bear hug you from behind. You'll also learn a powerful bonus technique from a special guest instructor!

Lesson 15: Weapon Defenses

Slices: *Kimura Armlock Variations | Straight Armlock Variations*

Some sexual predators will use weapons to intimidate and control their victims. In this lesson, we address the psychological aspects of dealing with an assailant armed with a gun or knife, and then we teach you the most reliable techniques to use if your life is on the line and you **MUST** act.



Section 4

The Test

TESTING INSTRUCTIONS

In Gracie Jiu-Jitsu, we use different colored belts to indicate each student's progress through the system. A student starts as a white belt and progresses through blue belt, purple belt, brown belt, black belt, and then eventually, red belt over a lifetime of study and practice. When we developed our belt system in the 1960s, very few women practiced Gracie Jiu-Jitsu, and we had no program designed exclusively for women.

When we created *Women Empowered*, we sought a way to acknowledge a woman's successful completion of the course. We wanted to stick with the tradition of awarding belts, but, because the course featured so many unique strategies, objectives, techniques, and psychology tailored to a special set of circumstances, the standard Gracie Jiu-Jitsu belt system did not apply. So, we decided to add an entirely new belt, and since pink was one of the only colors not used in the existing belt system, we introduced the *Women Empowered Pink Belt*!

Once you are 100% confident in your execution of all the *Women Empowered* techniques we invite you to take the Pink Belt Qualification Test via our Video Evaluation Process. The belt testing process consists of three steps.

Step 1: Perfect the Techniques

True mastery takes time, so don't rush to take the test. Cycle through all 15 lessons at least three times before you consider testing. If a lesson is particularly challenging for you, dedicate extra time to mastering the move before you test for the pink belt.

Step 2: Record the Test

Once you can confidently execute all of the techniques, you will digitally record your test performance. When recording:

- Begin by stating, "My name is _____, and I am totally empowered!"
- Perform all the techniques in the EXACT order we've outlined in this section.
- Demonstrate all of the techniques within ten minutes.
- Do not stop the camera at any time during the technique demonstration. We will not evaluate your performance if it appears that all the techniques were not shot in one take.
- You may have someone read the techniques aloud to you if you have trouble remembering the presentation sequence.
- Be sure you have a good "bad guy." Your testing partner should attack you in a manageable yet realistic fashion.

- At the end of the video tell us what you thought of the program, the reason(s) why you decided to take the training, and the benefits you obtained from it. We have no time limit for this portion of the recording. You may pause the camera after the technique demo and take a break before recording this segment.

Step 3: Upload the Video

Once you have digitally recorded your test, upload the video to the online Testing Center at www.GracieUniversity.com. A Gracie Academy instructor will evaluate your test based on the criteria described in the following paragraphs. If your performance meets Gracie Academy standards, we will award you a *Women Empowered Pink Belt*.

When you upload your test, identify any disabilities or injuries that prevent you from executing the techniques as demonstrated in the DVDs so that we may take this into consideration during your evaluation. Adhere to the digital file size and format specifications to ensure an efficient upload of your test. Visit the online Testing Center for more tips on digitally recording and uploading your test video.

EVALUATION CRITERIA

You will start with 100 points and receive a 1-point deduction for each significant error in the following categories:

1. Accuracy: Precise and correct execution.

Execute the techniques exactly as we teach them on the DVDs. We will accept slight modifications based on different body types and physical capabilities. (Note: Each time you fail to stand up in base during the test, you will receive a 1-point deduction.)

2. Efficiency: Fluid, relaxed movements and efficient use of energy.

Not only do we want to see that you understand the application of leverage with each technique, but we want to see that you know how to use proper timing to optimize the energy efficiency in every situation. This includes knowing when NOT to move – especially in Phase 3.

3. Reflexes: Instinctive and timely responses to all indicators.

We assess reflexes by measuring the amount of time between indicator and response. If the "bad guy" grabs you by the wrist and you take three seconds to identify the grip type and proper escape strategy, you will receive a 1-point deduction for delayed reflexes.

If you score 90 points or higher, the evaluator will recommend you for promotion. If you score less than 90 points, we will return your test with a precise description of each error so that you can use the constructive feedback when preparing for the retest. Don't give up if you fail the first test. We are committed to helping you achieve your goal of total empowerment and want to ensure that you are 100% ready to face an assailant. Once a Gracie Academy head instructor validates your test, and you are approved for promotion, you will receive a graduation certification and an official pink belt as a symbol of your successful completion of the *Women Empowered* program.

LIST OF TECHNIQUES

When performing the Pink Belt Test, please perform all the techniques in the exact order listed below.

1. Combat Base (L1)

- Base Get-up
- Push Base
- Pull Base

2. Wrist Releases (L2)

Note: Add the Super Slap (L5) to all variations.

- Standard Grip – 1 on 1
- Standard Grip – 2 on 1
- Standard Grip – 2 on 2
- Inverted Grip – 1 on 1
- Inverted Grip – 2 on 1
- Inverted Grip – 2 on 2
- Inverted Grip – Low

3. Front Choke Defenses (L4)

- Standard Variation
- Wall Pin Variation

4. Stop-Block-Frame (L7)

- Distance Control
- Block and Move
- Block and Frame

5. Guillotine Choke (L12)

- Standing Variation
- Guard Pull Variation
- Punch Protection

6. Rear Attack Defenses (L14)

- Rear Choke Defense
- Rear Bear Hug Defense

7. Hair Grab Defenses (L11)

- Standing Variation

8. Trap and Roll Escape

- Standard Variation (L3)
- Punch Block Variation (L3)
- Spread Hand Variation (L8)
- Wrist Pin Variation (L8)
- Hair Grab Variation (L11)

9. Elbow Escape (L13)

- Standard Variation
- Heel Drag Variation

10. Guard Get-up

- Standard Variation (L6)
- Super Lock Variation (L6)
- Punch Block Series – Stage 1 (L9)
- Heavy Chest Variation (L9)
- Wrist Pin Variation (L9)
- Choke Variation (L9)

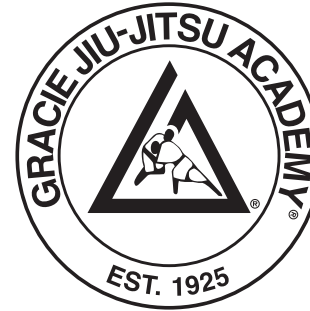
11. Guard Submissions

- Triangle Choke (L10)
- Hair Grab Defense (L11)
- Guillotine Choke (L12)

12. Weapon Defenses (L15)

- Kimura Armlock Knife Defense
- Kimura Armlock Gun Defense
- Straight Armlock Knife Defense
- Straight Armlock Gun Defense

13. Rear Naked Choke (L14)



Section 5

The Journey

BEYOND THE PINK BELT

The pink belt is the only belt you earn for *Women Empowered*. For some, this is the end of the journey. But, for others, it's just the beginning. Regardless of where you go from here, you must remember that your new skills are perishable. Plan to review all of the techniques once a month for the rest of your life! In less than 10-15 minutes, you can review every move and maintain your hard-earned reflexes. This will also allow you to modify the techniques to accommodate the inevitable physical changes we will experience as we age.

If you enjoyed the *Women Empowered* program, then you should continue the journey toward Gracie Jiu-Jitsu mastery. While the *Women Empowered* program provided you with the most important awareness strategies and techniques for defense against sexual assault, there are hundreds of additional techniques that are as easy to learn and just as effective as the ones you've already perfected. And you'll have fun in the process!

Here are some of the benefits of continuing the journey:

Total Control

In the *Women Empowered* program, our sole objective was to teach you how to break free from a sexual predator. Now that you've perfected the critical escape techniques, you are ready to take it to the next level. In Gracie Jiu-Jitsu, you will learn hundreds of additional techniques that will enable you to defeat a larger, stronger, more athletic opponent. Now that you know how to fight to run, you're ready to fight to win!

Ultimate Fitness

There are few workouts more fun and engaging than Gracie Jiu-Jitsu. Not only do most of the techniques incorporate all your major muscle groups, but you become so mentally engaged in the training that you forget you're working out! Whether you're a fitness buff who's always looking for new and exciting workouts or you're the kind of person who's trying to lose weight but can't stand the thought of running on a treadmill for an hour, Gracie Jiu-Jitsu is the perfect way to take your fitness to the next level!

Unprecedented Confidence

In the *Women Empowered* program, you learned a handful of essential techniques for surviving against seemingly impossible odds. In the complete Gracie Jiu-Jitsu curriculum, we will teach you several hundred techniques designed to overcome

every imaginable situation you would encounter in a physical altercation. By dedicating yourself to this unique and immensely powerful growth opportunity, you will experience an unprecedented increase in self-confidence.

Comfort with Closeness

In a physical altercation, the most challenging feat for anyone is to remain calm when trapped underneath the assailant. During the *Women Empowered* program, you developed a certain level of comfort with closeness. To be sure, your comfort stemmed from having a familiar partner in a safe training environment. In a real situation, there is no guarantee that you will remain calm. If you continue training as a Gracie Jiu-Jitsu student, you will continue to increase your comfort with closeness and your associated ability to remain calm if actually attacked.

START WITH GRACIE COMBATIVES®

The Gracie Jiu-Jitsu learning process is the same process that you've already experienced in the *Women Empowered* program. The only difference is the introduction of new techniques. At the Gracie Academy, most women who complete the *Women Empowered* program enthusiastically continue in Gracie Jiu-Jitsu because our training plan makes the art enjoyable and easy to learn regardless of a student's age, experience, gender, or physical fitness level.

You will begin with a program called Gracie Combatives. In this program, we will teach you the 36 most important and effective "street" applications of Gracie Jiu-Jitsu. In fact, a few of the techniques that you already learned in the *Women Empowered* program were derived from Gracie Combatives. We present each lesson using the same format you experienced in *Women Empowered*. We start by presenting a series of simplified drills or "slices." Once you perfect the individual slices, we introduce you to a series of Reflex Development Drills that train muscle memory and build your confidence. All techniques rely on the same principles of leverage, timing, and energy efficiency that you learned to trust in *Women Empowered*. And, we practice the lessons in the same calm, controlled manner that you've become familiar with.

You can access the Gracie Combatives program online, on DVD, or at any of the Certified Gracie Jiu-Jitsu Training Centers around the world. Once you perfect the 36 techniques, you qualify to test for promotion to blue belt. As a blue belt, you enter the Master Cycle® in which you learn the remaining 600+ techniques of Gracie Jiu-Jitsu as you climb to purple belt, brown belt, and eventually, black belt and beyond.

TRY IT FOR FREE

To help you decide whether or not you want to continue on the path toward Gracie Jiu-Jitsu mastery, we have made Lessons One, Two, and Three of the Gracie Combatives program available for you to view, absolutely free! Simply log on to www.GracieUniversity.com and create a free student profile, which takes about 90 seconds, and you'll have instant access to the first three lessons. Lesson One is the Trap and Roll Escape that you've already learned, but lessons Two and Three are totally new. Try the new lessons and you'll quickly realize that the program is easy to learn and enjoyable.

Gracie Jiu-Jitsu is a martial art that anyone can learn and has benefits that reach far beyond self-defense. The journey is a long one, but it's immensely rewarding. You owe it to yourself to give it a shot – if you stop now, you'll never know what you missed!

We'll see you at the top.

-Ryron and Renner Gracie

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