



WOMEN EMPOWERED[®]

GRACIE JIU-JITSU FOR SELF-DEFENSE

Self-defense begins with the belief that you are worth defending. Regardless of your age or physical ability, you can and should defend yourself, and Women Empowered will show you how!

FIND YOUR POWER

Women Empowered addresses the most common and dangerous threats facing women. The simplicity and effectiveness of the techniques will enable you to use awareness, leverage, and proper timing to escape from seemingly impossible situations.

BUILD YOUR CONFIDENCE

One of the most important elements of self-defense is setting boundaries with others, and we are much more likely to establish boundaries that we feel capable of defending. As your confidence grows, your aura of empowerment will be your first line of defense!

EARN YOUR PINK BELT

Upon completion of the program, you will demonstrate your mastery of all 20 techniques, individually and in combination, when you test for your pink belt. As a pink belt, you are eligible to continue attending Women Empowered classes free of charge as an assistant instructor!

10-Day Free Trial

To make sure this program is perfect for you, we invite you to take advantage of our 10-day free trial! You'll receive 10 days of unlimited access to our beginner program, and all you have to do is come to class! Speak to a front desk representative to start your 10-day trial today!

Online Access & Satellite Training

As an active student, you will receive a free subscription to GracieUniversity.com, so you can access your techniques 24/7. Additionally, you can train for free at any Certified Training Center worldwide!

Membership Levels

	Basic	Premium	Elite
Monthly Training Days	4	8	Unlimited
Online Lesson Access	Yes	Yes	Yes
Free Visits to other CTCs	Yes	Yes	Yes
Promotion Fees Included			Yes
Gracie Gear Discount			10%
Free Private Lessons per year			2
	R780 monthly	R890 monthly	R1250 monthly



Contact us to get started!

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