

STUDENT: \_\_\_\_\_



# Central Oahu Jiu-Jitsu Academy

Women Empowered  
At-Home Training Tracker

WOMEN EMPOWERED			8		Elbow Escape <b>14</b> (Standard   Heel Drag   Face Down) Guillotine Choke (Guard) <b>12</b>	Stripe Progress				Pink Belt Qualification Date
Class Number   Attendance Tracking   Technique Names						15 Classes Per Stripe				
1		Combat Base (3 Variations) <b>1</b> Trap & Roll Escapes (1 & 2) <b>4</b> (Standard   Hair Grab)	9		Rear Choke Defenses (2 Variations) <b>17</b> Drag Defenses <b>19</b> (Wrist Drag   Ankle Drag)	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	Pink Belt Qualification Date
2		Standard Wrist Releases (3 Variations) <b>2</b> Trap & Roll Escapes (3, 4 & 5) <b>4</b> (Punch Block   Wrist Pin   Spread Hand)	10		Rear Bear Hug Defenses (2 Variations) <b>17</b> Guillotine Choke <b>16</b> (Standing   Guard Pull)					
3		Front Choke Defenses (3 Variations) <b>5</b> Guard Get-ups (1&2) <b>8</b> (Standard   False Surrender)	11		Hair Grab Defenses <b>13</b> (Standing   Guard   Guard Pull   Hair Drag)					
4		Inverted Wrist Releases (4 Variations) <b>3</b> Guard Get-ups (3 & 4) <b>9</b> (Rider   Heavy Chest)	12		Weapon Defenses <b>18</b> (Straight Armlock   Kimura Armlock)					
5		Super Slap <b>6</b> Guard Get-ups (5 & 6) <b>9</b> (Choke   Wrist Pin)	13		Shrimp Escape <b>15</b> (Block & Shoot   Shrimp & Shoot   Rider) Shirt Choke <b>12</b>					
6		Stop-Block-Frame (3 Variations) <b>10</b> Punch Protection <b>11</b> (Clinch Entry)	14		Advanced Guard Get-ups (7, 8 & 9) <b>20</b> (Direct Get-up   Knee Shield   Power Frame)					
7		Punch Block Series <b>7</b> (Stages 1-5)	15		Rear Naked Choke <b>16</b> Triangle Choke <b>12</b> (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.					Training Start Date

Red Numbers Correlate to the GU Lesson Number

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