

TESTING GUIDELINES

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

- Begin by stating your name.
- State the 4-phase attack strategy for a stranger.
- State the 4-phase attack strategy for a non-stranger.
- Perform all the techniques in the EXACT order we've outlined in this section.
 - Be sure to record the technique demonstration in one continuous take (no cuts in the footage). If you need a break after the technique portion (before the freestyle demonstrations), you may pause the camera and take a break. In the past, we did not permit any cuts in the submitted video footage, but now they are permitted as long as it's done before and/or after each of the freestyle demonstrations.
 - You may have someone read the techniques aloud to you if you have trouble remembering the presentation sequence.
- Standing Freestyle Demonstration: For 2 minutes to demonstrate as many standing techniques as possible, on both sides, at various intensity levels in response to the spontaneous "bad guy" indicators.
- Ground Freestyle Demonstration: For 2 minutes to demonstrate as many ground techniques as possible, on both sides, at various intensity levels in response to the spontaneous "bad guy" indicators.
- Be sure you have a good "bad guy." Your testing partner should attack you in a manageable yet realistic fashion.
- There is no time limit for this test, but if the student needs to take a break after the technique portion, just make sure to pause the camera and the restart when she's ready to perform the freestyle demonstrations.
- At the end of the video, please tell us what you thought of the program, the reason(s) why you decided to embark on the jiu-jitsu journey, and the benefits you've 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.
- When you upload your test, please disclose any disabilities, injuries, or physical conditions that prevent you from executing the techniques as demonstrated in the video lessons, so that we may take this information 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 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 instructional videos. We will accept slight modifications based on different body types and physical capabilities.

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

We want to see you demonstrate maximum use of leverage in every technique. Additionally, we want to make sure you know when to move, and 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 it takes you several seconds to decipher a wrist grab, you will receive a 1-point deduction for delayed reflexes.

4. Principles: An understanding of the most important self-defense principles.

In the freestyle demonstrations, we will be assessing your knowledge of the core principles of the Women Empowered program: boundary setting, distance management, false surrenders, and energy efficiency. When a core principle is clearly omitted or incorrectly applied, you will receive a point deduction.

If you amass 10 deductions or less, and receive a score of 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 description of each error so that you can use the feedback to grow and effectively prepare to retest. If you score 95 or higher, you may be eligible for participation in the Women Empowered Instructor Certification Program. Learn more at GracieUniversity.com/WEICP

LIST OF TECHNIQUES

<p>Four Phases of an Attack (Stranger)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1. Identify an unsuspecting target <input type="checkbox"/> 2. Subdue and isolate the target <input type="checkbox"/> 3. Control and exhaust the target <input type="checkbox"/> 4. Carry out the assault <p>Four Phases of an Attack (Non-Stranger)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1. Intrusion <input type="checkbox"/> 2. Desensitization <input type="checkbox"/> 3. Isolation <input type="checkbox"/> 4. Carry out the assault <p>1. Combat Base (3)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Base Get-up <input type="checkbox"/> Push Base <input type="checkbox"/> Pull Base <p>2. Wrist Releases (7)</p> <p><i>Note: Add the Super Slap to all variations.</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Standard Grip – 1 on 1 <input type="checkbox"/> Standard Grip – 2 on 1 <input type="checkbox"/> Standard Grip – 2 on 2 <input type="checkbox"/> Inverted Grip – 1 on 1 <input type="checkbox"/> Inverted Grip – 2 on 1 <input type="checkbox"/> Inverted Grip – 2 on 2 <input type="checkbox"/> Inverted Grip – Low <p>3. Front Choke Defenses (3)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Standard Variation <input type="checkbox"/> Wall-pin Variation (Two-handed) <input type="checkbox"/> Wall-pin Variation (One-handed) <p>4. Stop-Block-Frame (6)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Distance Control <input type="checkbox"/> Block and Move <input type="checkbox"/> Block and Frame <input type="checkbox"/> Guillotine Choke (Standing) <input type="checkbox"/> Guillotine Choke (Guard Pull) <input type="checkbox"/> Punch Protection 	<p>5. Rear Attack Defenses (4)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rear Choke (Pull Back) <input type="checkbox"/> Rear Choke (Shoulder Slip) <input type="checkbox"/> Rear Bear Hug (Under -arm) <input type="checkbox"/> Rear Bear Hug (Over-arm) <p>6. Hair Grab Defenses (3)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Standing Armlock <input type="checkbox"/> Guard Armlock <input type="checkbox"/> Guard Pull Variation <p>7. Trap and Roll Escape (5)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Standard Variation <input type="checkbox"/> Punch Block Variation <input type="checkbox"/> Spread Hand Variation <input type="checkbox"/> Wrist-pin Variation <input type="checkbox"/> Hair Grab Variation <p>8. Elbow Escape (3)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Standard Variation <input type="checkbox"/> Heel Drag Variation <input type="checkbox"/> Face Down Variation <p>9. Shrimp Escape (3)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Block and Shoot <input type="checkbox"/> Shrimp and Shoot <input type="checkbox"/> Rider Variation <p>10. Punch Block Series (5)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stage 1 <input type="checkbox"/> Stage 2 <input type="checkbox"/> Stage 3 <input type="checkbox"/> Stage 4 <input type="checkbox"/> Stage 5 <p>11. Guard Get-up (9)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Standard Variation <input type="checkbox"/> False Surrender <input type="checkbox"/> Rider Variation <input type="checkbox"/> Heavy Chest Variation <input type="checkbox"/> Choke Variation <input type="checkbox"/> Wrist-pin Variation <input type="checkbox"/> Direct Get-up Variation <input type="checkbox"/> Knee Shield Variation <input type="checkbox"/> Power Frame 	<p>12. Guard Chokes (4)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Triangle Choke (Giant Killer) <input type="checkbox"/> Triangle Choke (Stage 3) <input type="checkbox"/> Guillotine Choke <input type="checkbox"/> Shirt Choke (Giant Killer) <p>13. Drag Defenses (3)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wrist Drag <input type="checkbox"/> Ankle Drag <input type="checkbox"/> Hair Drag <p>14. Weapon Defenses (4)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Straight Armlock (Knife) <input type="checkbox"/> Straight Armlock (Gun) <input type="checkbox"/> Kimura Armlock (Knife) <input type="checkbox"/> Kimura Armlock (Gun) <p>15. Rear Naked Choke (1)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rear Naked Choke <p>Standing Freestyle Demo</p> <p>For two minutes you will be required to demonstrate all standing self-defense techniques at various intensity levels in response to the evaluator's indicators.</p> <p>Ground Freestyle Demo</p> <p>For two minutes you will be required to demonstrate all ground self-defense techniques at various intensity levels in response to the evaluator's indicators.</p> <p>Exhale, you're done!</p>
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