

LE LOCAL



Examen Ceinture Bleue - Feuille de Travail

Mouvements de base

Power Shrimp	Technical Stand-Up	
Sliding Shrimp	Breakfall + Side Breakfall	
Forward Shrimp	Hip Drive Through	
Bridge	Side Control Bridge	Full Mount Bridge

Positions

Guard Retention	Bull Pass Guard Recovery		Knee Cut Recovery		Leg Drag Recovery
Main Guard Passes	Knee Cut	Leg Drag	Leg Weave	Bull Pass	Stack Pass
Passing Sequences					
Closed Guard Sweep Sequence					
Closed Guard Sub Sequence					
Half-Guard Close Range Sequence					
Half-Guard Long Range Sequence					
Butterfly Sweep Sequence					
DLR Sequence 1					
DLR Sequence 2					
Reverse De La Riva Sequence					
Single Leg X / X-Guard Sequence					
Dominant Position					
Turtle Attack Sequence					
Escapes - Mount					
Escapes - Side Control					
Escapes - Back Control					
Takedowns					
Guard Pull					
Definition of a Sequence	<p><i>Two or More attacks from the Same Position.</i> <i>Two or More attacks combined together after a reaction or defense.</i> <i>A Sweep or Pass into a dominant Position and Submission.</i></p>				

Development Goals

It's time to master all of the fundamental positions, submissions and techniques.

With the fundamentals covered, we can start exploring.

Get a basic understanding of all types of guards and their different ranges and strategies.

Understand how to select the best guard passes against each type of guards.

Should start thinking in terms of sequences and chaining attacks and moves together.

Do not need to be hyperspecialized. The goal is not to have any glaring weaknesses.