

LE LOCAL



Examen Ceinture Mauve - 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

Warm Up Drills			
Guard Passing Sequence (2)			
Speed Passing			
Pressure Passing			
Upper Body Attack Sequence			
Lower Body Attack Sequence			
Closed Guard Sequence			
Half Guard Sequence			
Open Guard Sequence 1			
Open Guard Sequence 2			
Open Guard Sequence 3			
Mount Attack Sequence			
Side Control Attack Sequence			
Back Control Attack Sequence			
Turtle Attack Sequence			
Escapes - Mount			
Escapes - Side Control			
Escapes - Back Control			
Standing (2)			
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

Purple Belt is the belt of starting to develop your own game.

Develop preferences in style, speed and type of attacks.

Start to prefer different ranges of attack and styles of guard.

Combine multiple guard passing approaches into a style that suits you.

Moves should start to connect from defensive cycles into offensive cycles.

Start to develop your own style and specialized attacks that suit you best.