

Timestamp	Time	White Belts	Blue Belts	Purple Belts
0	6	Solo Drills	Solo Drills	Solo Drills
10.00	2	Retention : Scooting	Retention : Bull Pass	Guard Retention Drill
12.00	2	Retention : Pummeling	Retention : Knee Cut	Guard Passing Drill
14.00	2	Retention : Framing	Retention : Leg Drag	Takedown Drill
16.00	2	Pass #1	Passes (Knee Cut, Leg Drag, Leg Weave)	Guard Pass Sequence 1
18.00	2	Pass #2	Passes (Bull Pass, Stack Pass)	Guard Pass Sequence 2
44.00	2	Dominant Transition	Pass Sequence 1	Speed Pass
38.00	2	Closed Guard Kneeling	Pass Sequence 2	Pressure Pass
42.00	2	Closed Guard Standing	Closed Guard Sweep Sequence	Upper Body Attack Sequence
40.00	2	Closed Guard Escape	Closed Guard Sub Sequence	Leg Attack Sequence
20.00	2	Half Guard Bottom	Half Guard Close Range Sequence	Closed Guard Sequence
22.00	2	Half Guard Top	Half Guard Long Range Sequence	Half Guard Sequence
24.00	10	Break		
34.00	2	Reverse De La Riva	Butterfly Sweep Sequence	Open Guard Sequence 1
36.00	2	Submission #1	DLR Sequence 1	Open Guard Sequence 2
46.00	2	Submission #2	DLR Sequence 2	Open Guard Sequence 3
48.00	2	Submission Defense #1	RDLR Guard Sequence	Mount Attack Sequence
50.00	2	Submission Defense #2	X/SLX Sweep Sequence	Side Control Attack Sequence
52.00	2	Turtle Back Take	Dom. Transition + Submission	Back Control Attack Sequence
54.00	2	Turtle Defense	Turtle Attack Sequence	Turtle Attack Sequence
56.00	2	Mount Escapes (Both)	Mount Escape + Sequence	Mount Escape + Sequence
58.00	2	Side Escape	Side Escape + Sequence	Side Escape + Sequence
60.00	2	Back Escape	Back Escape + Sequence	Back Escape + Sequence
62.00	2	Takedown #1	Takedowns	Standing Sequence 1
64.00	2	Takedown #2	Guard Pull to Submission	Standing Sequence 2

Downloads

<https://lelocalenligne.com/gym-le-local-belt-tests/>

