

LE LOCAL



Examen Ceinture Blanche - Feuille de Travail

Mouvements de base

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

Positions

| Guard Retention Drills | Scooting | | Pummelling | | Framing |
|--------------------------------|--|------------------------|----------------------------|-------------|--------------|
| Basic Guard Passes (Choisir 2) | | | | | |
| Dominant Position (Transition) | Side Control | Knee on Stomach | Mount | North South | Back Control |
| Closed Guard | | | | | Escape |
| Half-Guard Bottom | Positional Control | Far Distance (Z-Guard) | Close Distance (Underhook) | | |
| Half-Guard Top | Crossface + Underhook Pass (Tripod to Knee Cut or Pushing the Knee to 3/4 Mount) | | | | |
| Reverse De La Riva | Establishing the Position | | Wrestle Up Sweep | | |
| Submissions (Choisir 2) | | | | | |
| Submissions Defense | | | | | |
| Turtle Position | | | | | |
| Escapes - Mount | Shrimp Escape | | Bridge Escape | | |
| Escapes - Side Control | Inside Elbow Escape | | | | |
| Escapes - Back Control | Underhook Side | | Overhook Side | | |
| Takedowns | | | | | |

Development Goals

Master the fundamentals.

Movements are the building blocks of jiu-jitsu techniques and should become second nature.

Work on trying to Escape the bad positions first.

Basic guards and sweeping concepts will be required after you're able to escape.

Work on a few main guard passes that will always be useful.

Start developing a sense of what submissions feel more natural and focus on a few.

Have an idea of what moves to do in basic positions of jiu-jitsu.