

# LE LOCAL



## Examen Ceinture Bleue - Feuille de Travail

Round	Technique	
1	Solo Drills	
2	Guard Retention : Bull Pass	
3	Guard Retention : Knee Cut	
4	Guard Retention : Leg Drag	
5	Passes (Knee Cut, Leg Drag, Leg Weave)	
6	Passes (Bull Pass, Stack Pass)	
7	Pass Sequence 1	
8	Pass Sequence 2	
9	Closed Guard Sweep Sequence	
10	Closed Guard Submission Sequence	
11	Half Guard Close Range Sequence	
12	Half Guard Long Range Sequence	
<b>Break</b>		
13	Butterfly Sweep Sequence	
14	De La Riva Sequence 1	
15	De La Riva Sequence 2	
16	Reverse De La Riva Guard Sequence	
17	X/SLX Sweep Sequence	
18	Dominant Position Transition + Submission	
19	Turtle Attack Sequence	
20	Mount Escape + Sequence	
21	Side Escape + Sequence	
22	Back Escape + Sequence	
23	Takedowns	
24	Guard Pull to Submission	