

LE LOCAL



Examen Ceinture Bleue

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	Sequence of Guard Passing combined together or to an Attacking Position				
Closed Guard Sweep Sequence	Sequence of Sweeps from Closed Guard				
Closed Guard Sub Sequence	Sequence of Attacks from Closed Guard				
Half-Guard Close Range Sequence	Sequence of Sweeps or Attacks from Half-Guard using the Underhook or Deep Half Guard				
Half-Guard Long Range Sequence	Sequence of Sweeps or Attacks from Half-Guard using the Knee Shield				
Butterfly Sweep Sequence	Sequence of Sweeps or Attacks from Butterfly Guard				
DLR Sequence 1	Sequence of Sweeps or Attacks from De La Riva Guard				
DLR Sequence 2	Sequence of Sweeps or Attacks from De La Riva Guard				
Reverse De La Riva Sequence	Sequence of Sweeps or Attacks from Reverse De La Riva Guard				
SLX / X-Guard Sequence	Sequence of Sweeps or Attacks from Single Leg X or X-Guard				
Dominant Position	Transitions between Dominant Positions including Attacks				
Turtle Attack Sequence	Sequence of Attacks from Turtle or Front Head Lock Position				
Escapes - Mount	Mount Escape into a Follow-Up Technique				
Escapes - Side Control	Back Control Escape into a Follow-Up Technique				
Escapes - Back Control	Side Control Escape into a Follow-Up Technique				
Takedowns	Sequence of Takedowns into an Attack or Attacking Position				
Guard Pull	Sequence of Guard Pulls into an Attack or Attacking Position				
Definition of a Sequence	<p><i>Two or More attacks from the Same Position.</i></p> <p><i>Two or More attacks combined together after a reaction or defense.</i></p> <p><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.