

LE LOCAL



Examen Ceinture Mauve - Feuille de Travail

Round	Technique	
1	Solo Drills	
2	Guard Retention Drill	
3	Guard Passing Drill	
4	Takedown Drill	
5	Guard Pass Sequence 1	
6	Guard Pass Sequence 2	
7	Speed Pass	
8	Pressure Pass	
9	Upper Body Attack Sequence	
10	Leg Attack Sequence	
11	Closed Guard Sequence	
12	Half Guard Sequence	
Break		
13	Open Guard Sequence 1	
14	Open Guard Sequence 2	
15	Open Guard Sequence 3	
16	Mount Attack Sequence	
17	Side Control Attack Sequence	
18	Back Control Attack Sequence	
19	Turtle Attack Sequence	
20	Mount Escape + Sequence	
21	Side Escape + Sequence	
22	Back Escape + Sequence	
23	Standing Sequence 1	
24	Standing Sequence 2	