

LE LOCAL



Examen Ceinture Mauve

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

Warm Up Drills	Guard Retention Drill	Guard Passing Drill	Takedown Drill
Guard Passing Sequence (2)	Sequence of Guard Passing combined together or to an Attacking Position		
Speed Passing	Using a Speed Pass into a Dominant Position or Submission		
Pressure Passing	Using a Pressure Pass into a Dominant Position or Submission		
Upper Body Attack Sequence	Sequence of Attacks on the Upper Body		
Lower Body Attack Sequence	Sequence of Attacks on the Lower Body		
Closed Guard Sequence	Sequence of Sweeps or Attacks from Closed Guard		
Half Guard Sequence	Sequence of Sweeps or Attacks from Half-Guard		
Open Guard Sequence 1	Sequence of Sweeps or Attacks from Open Guard		
Open Guard Sequence 2	Sequence of Sweeps or Attacks from Open Guard		
Open Guard Sequence 3	Sequence of Sweeps or Attacks from Open Guard		
Mount Attack Sequence	Sequence of Attacks from Mount Position		
Side Control Attack Sequence	Sequence of Attacks from Side Control		
Back Control Attack Sequence	Sequence of Attacks from Back Control		
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	Side Control Escape into a Follow-Up Technique		
Escapes - Back Control	Back Control Escape into a Follow-Up Technique		
Standing (2)	Sequence of Takedowns or Guard Pulls into an Attacking Position		
Definition of a Sequence	<i>Two or More attacks from the Same Position. Two or More attacks combined together after a reaction or defense. A Sweep or Pass into a dominant Position and Submission.</i>		

Development Goals

Purple Belt is the belt of starting to develop your own game.

Develop preferences in style, speed and type of attacks.

Start to prefer different ranges of attack and styles of guard.

Combine multiple guard passing approaches into a style that suits you.

Moves should start to connect from defensive cycles into offensive cycles.

Start to develop your own style and specialized attacks that suit you best.