

# LE LOCAL



## Exam Timers

Timestamp	Time	White Belt	Blue Belt	Purple Belt
0	3	Solo Drills	Solo Drills	Solo Drills
3.00	1	Retention : Scooting	Retention : Bull Pass	Guard Retention Drill
4.00	1	Retention : Pummeling	Retention : Knee Cut	Guard Passing Drill
5.00	1	Retention : Framing	Retention : Leg Drag	Takedown Drill
6.00	1	Pass #1	Passes (Knee Cut, Leg Drag, Leg Weave)	Guard Pass Sequence 1
7.00	1	Pass #2	Passes (Bull Pass, Stack Pass)	Guard Pass Sequence 2
8.00	1	Dominant Transition	Pass Sequence 1	Speed Pass
9.00	1	Closed Guard Kneeling	Pass Sequence 2	Pressure Pass
10.00	1	Closed Guard Standing	Closed Guard Sweep Sequence	Upper Body Attack Sequence
11.00	1	Closed Guard Escape	Closed Guard Sub Sequence	Leg Attack Sequence
12.00	1	Half Guard Bottom	Half Guard Close Range Sequence	Closed Guard Sequence
13.00	1	Half Guard Top	Half Guard Long Range Sequence	Half Guard Sequence
14.00	5	<b>Break</b>		
19.00	1	Reverse De La Riva	Butterfly Sweep Sequence	Open Guard Sequence 1
20.00	1	Submission #1	DLR Sequence 1	Open Guard Sequence 2
21.00	1	Submission #2	DLR Sequence 2	Open Guard Sequence 3
22.00	1	Submission Defense #1	RDLR Guard Sequence	Mount Attack Sequence
23.00	1	Submission Defense #2	X/SLX Sweep Sequence	Side Control Attack Sequence
24.00	1	Turtle Back Take	Dom. Transition + Submission	Back Control Attack Sequence
25.00	1	Turtle Defense	Turtle Attack Sequence	Turtle Attack Sequence
26.00	1	Mount Escapes (Both)	Mount Escape + Sequence	Mount Escape + Sequence
27.00	1	Side Escape	Side Escape + Sequence	Side Escape + Sequence
28.00	1	Back Escape	Back Escape + Sequence	Back Escape + Sequence
29.00	1	Takedown #1	Takedowns	Standing Sequence 1
30.00	1	Takedown #2	Guard Pull to Submission	Standing Sequence 2

## Downloads

<https://lelocalenligne.com/gym-le-local-belt-tests/>

