

# LE LOCAL



## Examen Ceinture Blanche - Feuille de Travail

Round	Technique	
1	Solo Drills	
2	Guard Retention : Scooting	
3	Guard Retention : Pummeling	
4	Guard Retention : Framing	
5	Basic Guard Pass #1	
6	Basic Guard Pass #2	
7	Dominant Position Transitions	
8	Closed Guard Sweep vs Kneeling	
9	Closed Guard Sweep vs Standing	
10	Closed Guard Escape	
11	Half-Guard Bottom Position + Sweep	
12	Half-Guard Top Pass	
<b>Break</b>		
13	Reverse De La Riva Wrestle Up	
14	Submission #1	
15	Submission #2	
16	Submission Defense #1	
17	Submission Defense #2	
18	Turtle Back Take	
19	Turtle Defense	
20	Mount Escapes (Both)	
21	Side Control Escape	
22	Back Control Escape	
23	Takedown #1	
24	Takedown #2	