

LE LOCAL



Examen Ceinture Blanche

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 Drills	Scooting			Pummelling			Framing	
Basic Guard Passes (Pick 2)	Knee Cut	Leg Drag		Leg Weave		Bull Pass	Stack Pass	
Dominant Position	Transitions Between : Mount, Back Control, Side Control, Knee on Stomach, North South							
Closed Guard	Sweep vs Kneeling Opponent			Sweep vs Standing Opponent			Escape	
Half-Guard Bottom	Positional Control (Close & Long Range)				Close or Long Range Sweep			
Half-Guard Top	Crossface + Underhook Pass (Tripod to Knee Cut or Pushing the Knee to 3/4 Mount)							
Reverse De La Riva	Establishing the Position				Wrestle Up Sweep			
Submissions	Armbar	Omo-plata	Triangle	Guillotine	Ankle Lock	Kimura	Back Choke	
Submissions Defense	Armbar	Omo-plata		Triangle		Guillotine		Ankle Lock
Turtle Position	Turtle Back Take + Submission				Turtle Defense			
Escapes - Mount	Shrimp Escape				Bridge Escape			
Escapes - Side Control	Inside Elbow Escape							
Escapes - Back Control	Underhook Side				Overhook Side			
Takedowns	Single Leg		Double Leg		Armdrag		Guard Pull	

Development Goals

Master the fundamentals.

Movements are the building blocks of jiu-jitsu techniques and should become second nature.

Work on trying to Escape the bad positions first.

Basic guards and sweeping concepts will be required after you're able to escape.

Work on a few main guard passes that will always be useful.

Start developing a sense of what submissions feel more natural and focus on a few.

Have an idea of what moves to do in basic positions of jiu-jitsu.