



EXAM BEGINNERS TO INTERMEDIATE 2.0



PHASE 1:

- DO YOUR OWN KNOT (Belt)
- Front roll
- Back roll
- Breakfall both hands
- Breakfall left hand
- Breakfall right hand
- Hip escape
- Shield forward
- Shield backwards
- Stand-up technique
- LFF classic takedown

**ALL THE ABOVE GIVES YOU
1 POSTIVE MARK** 




PHASE 3:

30 press ups / 2 sets
30 seat ups / 2 sets
30 squats (PROPERLY) / 2 sets
30 sprawls (not burpees)
3 rounds of 1 minute of
toreando, with 1 minute break.

SCENARIOS:

 shoot (double or single) partner
sprawl, move to the back and submit

 same as above but after partner
sprawl, bottom player goes to the
back and submit



PHASE 2:

- Classic takedown
- Double leg takedown
- Breakfall both hands
- Single leg take down
- Breakfall one hand
- Kimura, Armbar, Choke, Omoplata & Triangle from closed guard
- Ninja sweep to the mount
- Ninja sweep to armbar
- Take the back from close guard
- Tripod sweep
- Scissor sweep
- Open close guard on your feet
- Open close guard on your knee
- Passing a guard to side control
- From position 1 to 6
- 2 submissions from side control
- Side control to the mount
- Side control replace a guard full guard
- Side control replace 1/2 guard
- Side control "salute" to the guard
- Side control "salute" to the back
- 3 attacks from mount (Kimura, Armbar, Ezequiel Choke, Roger Gracie choke)
- DEFEND ALL ATTACKS.
- 3 escapes from the mount (fish the leg, trapped the arm, one leg inside)
- Attacks from the back
- 3 choke (RNC, B&A, Cross choke)
- 1 armbar from the back
- Escape from seat belt and replace guard
- Escape from back take to close guard

MINIUM SCORE 12 