



PURPLE BELT

STAND UP

- Sidekick / base against Punches (Defense)
- Closing the distance (Offense)
- Pull in the guard (Offense)

MOUNT BOTTOM

- 3 escapes mount (Defense)
- Demonstrate of escape (Sparring)

GUARD BOTTOM

- 7 Sweeps (Offense)
- Combo to reverse position (Offense)
- 2 Combo to submit (Offense)
- 8 submissions (Offense)
- Demonstration Closed / Open (Sparring)

HALF GUARD BOTTOM

- Go to the back (Offense)
- 2 Sweep (Offense)
- Demonstration (Sparring)

CROSS SIDE BOTTOM

- 2 Combo to escape (Defense)
- Escape head arm immobilization (Defense)
- 3 Headlock escape (Defense)
- Demonstration (Sparring)

KNEE ON STOMACH

- 3 Submissions (Offense)
- 2 Escapes (Defense)
- 1 Combo to Escape (Defense)
- Demonstration Def / Off (Sparring)

TURTLE BOTTOM

- 2 Escape face down 1 flat (Defense)
- Demonstration (Sparring)

ON OPPONENT BACK OFFENSE

- Offensive combo (Offense)
- Demonstration (Sparring)

SELF DEFENSE

- 2 Head lock defenses standing
- 6 Self Defense techniques
- 4 Grab from the back
- 3 Grab against the wall
- Self Defense Medium pressure (Sparring)

MOUNT TOP

- 2 Combos to submit (Offense)
- 6 Submissions (Offense)
- Maintain position (Subm) (Sparring)

GUARD TOP

- 6 ways to pass (Defense)
- 2 Combo to pass (Defense)
- Handle Delariva guard (Defense)
- Handle Spiderguard (Defense)
- Handle 50 / 50 guard (Defense)
- Handle Berimbolo (Defense)
- Demonstration Closed / Open (Sparring)

HALF GUARD TOP

- 2 Passing (Offense)
- 2 Submissions (Offense)
- Demonstration (Sparring)

CROSS SIDE TOP

- 3 Combo to mount (Offense)
- 2 Combo to submit (Offense)
- 6 Submissions (Offense)
- Demonstration (Sparring)

FOOT LOCK

- 2 Combo foot lock setup (Offense)
- 1 Knee bar (Offense)
- Theory of defense (Defense)

TURTLE TOP

- Demonstration (Sparring)

BACKMOUNT DEFENSE

- 2 Combo to escape (Defense)
- 1 submission (Offense)
- Demonstration (Sparring)