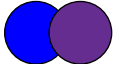




# ALLOWABLE TECHNIQUES

|                                   | 4-6<br>YEARS                                                                        | 7-12<br>YEARS                                                                       | 13-15<br>YEARS                                                                      | 16-17<br>YEARS                                                                        |    |    |    |
|-----------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| AMERICANA                         |    |    |    |    |    |    |    |
| KIMURA                            |    |    |    |    |    |    |    |
| ARM LOCKS                         |    |    |    |    |    |    |    |
| TRIANGLE CHOKE                    |    |    |    |    |    |    |    |
| REAR NAKED CHOKE                  |    |    |    |    |    |    |    |
| GUILLOTINE CHOKE (ON GROUND)      |    |    |    |    |    |    |    |
| GI CHOKES                         |    |    |    |    |    |    |    |
| NORTH SOUTH CHOKE                 |    |    |    |    |    |    |    |
| EZEKIEL CHOKE                     |    |    |    |    |    |    |    |
| ARM TRIANGLE                      |    |    |    |    |    |    |    |
| OMO PLATA                         |    |    |    |    |    |    |    |
| SHOULDER LOCKS                    |  |  |  |  |  |  |  |
| GUILLOTINE CHOKE (STANDING)       |  |  |  |  |  |  |  |
| STRAIGHT ANKLE LOCK               |  |  |  |  |  |  |  |
| HEAD OUTSIDE SINGLE LEG TAKEDOWN  |  |  |  |  |  |  |  |
| WRIST LOCK                        |  |  |  |  |  |  |  |
| BICEP/CALF SLICER                 |  |  |  |  |  |  |  |
| KNEE BAR                          |  |  |  |  |  |  |  |
| TOE HOLD (OUTSIDE/INSIDE)         |  |  |  |  |  |  |  |
| KNEE REAP                         |  |  |  |  |  |  | NO GI                                                                                 |
| CLOVERLEAF                        |  |  |  |  |  |  | NO GI                                                                                 |
| GROIN STRETCH                     |  |  |  |  |  |  | NO GI                                                                                 |
| Z-LOCK/HIP-LOCK                   |  |  |  |  |  |  | NO GI                                                                                 |
| HEEL HOOK (OUTSIDE/INSIDE)        |  |  |  |  |  |  | NO GI                                                                                 |
| NECK/SPINAL CRANK                 |  |  |  |  |  |  |  |
| HAND SMOTHERING                   |  |  |  |  |  |  |  |
| TWO-HAND ATTACKS TO TRACHEA       |  |  |  |  |  |  |  |
| KIDNEY COMPRESSION (CLOSED GUARD) |  |  |  |  |  |  |  |
| JUMPING GUARD/FLYING SUBMISSIONS  |  |  |  |  |  |  |  |
| SCISSOR TAKEDOWN                  |  |  |  |  |  |  |  |
| SLAM                              |  |  |  |  |  |  |  |