



ILLEGAL TECHNIQUES BY BELT RANK

Techniques	Under 18 yrs old	White Belt (Beginner)	Blue & Purple Belt (Intermediate)	Brown and Black Belt (Advanced)
Straight Arm Lock				
Chokes with Gi				
Kimura/Americana				
Rear Naked Choke				
Arm Triangle				
Guillotine Choke (on the Ground)				
Ezequiel Choke				
Omplata				
Triangle (Pulling Head)				
Jumping Full Closed Guard	X			
Straight Foot Lock	X			
Guillotine Choke (Standing)	X			
Wrist Lock	X			
Groin Stretch	X			
Knee Bar	X	X		
Toe Hold	X	X		
Knee Reap	X	X		
Bicep/Calf-Slicer	X	X		
Scissor Takedown	X	X		
Neck Crank	X	X	X	
Twister	X	X	X	
Heel Hook	X	X	X	No-Gi Only
Slam (Out of Guard/Submission)	X	X	X	X
Advantages	X	X	X	X