

	White Belts Masters	Blue belts Master	Purple, Brown & Black Master 7	
1				Submission techniques stretching legs apart
2				Choke with spinal lock
3				Straight ankle lock
4				Forearm choke using the sleeve (Ezequiel choke)
5				Frontal guillotine choke
6				Omooplata
7				Triangle (pulling head)
8				Arm Triangle
9				Wrist Lock
10	x			Lock inside the closed guard with legs compressing kidneys or ribs
11	x			Single leg takedown while the attacking athlete has his head outside his opponents' body
12	x	x		Bicep slicer
13	x	x		Calf slicer
14	x	x		Knee bar
15	x	x		Toe hold
16	x	x	x	Heel hook
17	x	x	x	Locks twisting the knees
18	x	x	x	Knee Reaping
19	x	x	x	In straight foot lock, turning in the direction of foot not under attack
20	x	x	x	In toe hold, applying outward pressure on the foot
21	x	x	x	Slam
22	x	x	x	Spinal lock without choke
23	x	x	x	Scissor Takedown
24	x	x	x	Bending fingers backwards
25	x	x	x	Grab the opponent's belt and throws him to the floor on his head when defending a single leg situation while his opponents head is on the outside of his body.
26	x	x	x	Suplex takedown technique, landing with the opponents' head or neck on the ground.
27	x	x	x	Jumping guard

**** No metal on gear, padding is okay**
**** No reset if stalling**
**** Adults & Masters can smother**
**** Allowed to pull guard with or without grips**