



ALLOWABLE TECHNIQUES

TECHNIQUE	WHITE	BLUE	ELITE (PURPLE, BROWN, BLACK)
Straight arm lock	✓	✓	✓
Chokes with Kimono	✓	✓	✓
Kimura/Americana	✓	✓	✓
Rear naked choke	✓	✓	✓
Arm triangle	✓	✓	✓
Guillotine choke (on ground)	✓	✓	✓
Ezequiel choke	✓	✓	✓
Omplata	✓	✓	✓
Triangle (Pulling head)	✓	✓	✓
Groin stretch	✓	✓	✓
Straight foot lock	✓	✓	✓
Guillotine choke (Standing)	✓	✓	✓
Wrist lock	✗	✓	✓
Jumping full closed guard	✗	✓	✓
Knee bar	✗	✗	✓
Toe hold (Inside/Outside)	✗	✗	✓
Knee Reap	✗	✗	✓
Bicep/Calf slicer	✗	✗	✗
Neck crank	✗	✗	✗
Twister	✗	✗	✗
Scissor takedown	✗	✗	✗
Heel hook	✗	✗	✗
Slam (Out of guard/Submission)	✗	✗	✗