



Forbidden Techniques

Technique	Under 18 years			
		Beginner	Intermediate	Advanced
Toe Holds (all versions)	X	✓	✓	✓
Calf/Biceps Cutter (Slicer)	X	✓	✓	✓
Full/ Half /Quarter Nelson	X	✓	✓	✓
Jumping Full Closed Guard	X	✓	✓	✓
Heel Hooks (all versions)	X	X	✓	✓
Neck Cranks, Face Locks	X	X	✓	✓
Twister/Exorcist (Spine atk.)	X	X	✓	✓
Scissor Takedown	X	X	✓	✓
Muffler (Rape Choke)	X	X	✓	✓
Smothering (with body)	X	X	X	X
Squeezing Windpipe	X	X	X	X
Sitting down/ Butt scooting	X	X	X	X
Slams	X	X	X	X