

## NE-WAZA SYSTEM

	U12	U15
<i>Arm-, Hip Throws</i>	+	+
<i>Leg Sweeps, Leg Pick-ups</i>	+	+
<i>Throwing Technics with Leg</i>	+	+
<i>Sacrifice Throwing Techniques</i>	+	+
<i>Throwing the Opponent with Out-Lifting</i>	-	+
<i>Ura nage</i>	-	-
<i>Kata guruma</i>	-	-
<i>Locks, Strangulations</i>	+ <sup>1</sup>	+ <sup>1</sup>
<i>Chocks</i>	-	+
<i>Submission Stretching the Legs apart</i>	-	-
<i>Choke with Spinal Lock</i>	-	-
<i>Straight Foot Lock</i>	-	-
<i>Ezequiel Choke</i>	-	-
<i>Frontal Guillotine Choke</i>	-	-
<i>Omplata</i>	-	-
<i>Biceps Slicer</i>	-	-
<i>Calf Slicer</i>	-	-
<i>Pressing Kidney or Rips in Close Guard</i>	-	-
<i>Take Downs with one Leg</i>	-	-
<i>Jump into the Guard</i>	-	-
<i>Slam</i>	-	-
<i>Straight foot lock and Turning inside</i>	-	-
<i>Stretch the Spinal Column</i>	-	-
<i>Heel Hook</i>	-	-
<i>Locks Twisting the Knees</i>	-	-
<i>Lateral Pressure to the Knee</i>	-	-
<i>Finger- and Toe locks</i>	-	-
<i>Kani basami</i>	-	-
<i>Takedown forcing on the Head or Neck</i>	-	-

**+ Allowed**  
**- Forbidden**

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<sup>1</sup> With presentating aspect.

## FIGHTING SYSTEM

	U12	U15
<i>Arm-, Hip Throws</i>	+	+
<i>Leg Sweeps, Leg Pick-ups</i>	+	+
<i>Throwing Technics with Leg</i>	+	+
<i>Sacrifice Throwing Technics</i>	+	+
<i>Throwing the Opponent with Out-Lifting</i>	-	+
<i>Ura nage</i>	-	-
<i>Kani basami</i>	-	-
<i>Kata guruma</i>	-	-
<i>Throw the Opponent with any Lock or Strangulation</i>	-	-
<i>Locks, Strangulations</i>	-	+ <sup>2</sup>
<i>Chocks</i>	-	+ <sup>3</sup>
<i>Hook Punch, Round Kick to the Head</i>	+	+
<i>Wrist and Ankle Locks</i>	-	-
<i>Locks on the Neck or Spinal Column</i>	-	-
<i>Twisted Locks at the Knee or Foot</i>	-	-
<i>Stretch the Spinal Column</i>	-	-
<i>Finger- and Toe locks</i>	-	-

**+ Allowed**  
**- Forbidden**

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<sup>2</sup> **With presentating aspect.**

<sup>3</sup> **Chocking Techniques with Gi Only.**