

ILLEGAL MOVES	K to 8th Grade	15-17 Teens	White & Blue Belts	Adults & Master White Belt	Adults & Master Blue & Purple Belt	Adults & Masters Brown & Black Belt	Advanced No Gi Adults & Masters Brown & Black
Arm Triangle and Variations	NO	YES	YES	YES	YES	YES	YES
Triangle (Pulling Head)	NO	NO	YES	YES	YES	YES	YES
Triangle using the legs without the opponent's arm in	NO	NO	YES	YES	YES	YES	YES
Omoplatas	NO	NO	YES	YES	YES	YES	YES
Guillotine choke (Arm In)	NO	NO	YES	YES	YES	YES	YES
Ezekiel Choke	NO	NO	YES	YES	YES	YES	YES
Straight Ankle Lock	NO	NO	YES	YES	YES	YES	YES
Groin Stretch	NO	NO	YES	YES	YES	YES	YES
Guillotine Choke (Both Arms Out)	NO	NO	NO	YES	YES	YES	YES
Wrist Locks	NO	NO	NO	NO	YES	YES	YES
Kidney Locks	NO	NO	NO	NO	YES	YES	YES
Jumping Guard	NO	NO	NO	NO	YES	YES	YES
Single leg with head outside	NO	NO	NO	NO	YES	YES	YES

