

	Age 4-13 Little Warrior 1-5	Age 14-15 Young Warrior	White Belts Gi No Gi	Blue Belts Gi No Gi	Purple Belts Gi No Gi	Brown Belts Black Belts Gi Only	Brown Belts Black Belts No Gi Only	<i>WAR UNDER THE LIGHTS</i>
1	X							Submission techniques stretching legs apart
2	X	X						Choke with spinal lock
3	X	X						Straight foot lock
4	X	X						Ezequiel choke
5	X	X						Front guillotine choke
6	X	X						Omoplata
7	X	X						Triangle (pulling head)
8	X	X						Arm triangle
9	X	X	X					Squeezing an opponent with your legs from inside closed guard
10	X	X	X					Wrist lock
12	X	X	X	X				Knee Reaping
13	X	X	X	X	X			Bicep slicer
14	X	X	X	X	X			Calf slicer
15	X	X	X	X	X			Knee bar
16	X	X	X	X	X			Toe hold
17	X	X	X	X	X	X		Locks twisting the knees
18	X	X	X	X	X	X		Heel hook
19	X	X	X	X	X	X		In straight foot lock, turning in the direction of foot not under attack
20	X	X	X	X	X	X		In toe hold, applying outward pressure on the foot
21	X	X	X	X	X	X	X	Slam
22	X	X	X	X	X	X	X	Spinal lock without choke
23	X	X	X	X	X	X	X	Scissor Takedown
24	X	X	X	X	X	X	X	Bending fingers backwards
25	X	X	X	X	X	X	X	Suplex takedown, landing with the opponent's head or neck on the ground