

Rogue BJJ Studios illegal techniques

Although BJJ is a highly effective self-defence system, certain techniques are excluded from rolling as their training value is negligible and they are unnecessarily dangerous. An example of this would be an eye gouge; good BJJ positioning will counter attempts to gouge the eyes, but it is unnecessary to risk damage to student's eyes by including it in regular training. Mike has taught thousands of students over several decades and has observed the damage unrestricted training can have on a student population. Over time and with experience additional techniques such as leg locks and wrist locks will be added to training on the condition your training partner is equal to or greater rank to you. Even the illegal techniques will be trained at times, so you have an understanding on how to counter them, understand why they are considered 'high risk' and offer safe alternatives. Mentors will provide guidance on when you can add additional techniques into your rolling.

Specific Techniques banned to Rogue BJJ Studios **beginners** during rolling include:

- Leg Locks including ankle techniques (leg controls are allowed)
- Wrist Locks
- Neck Cranks (neck rotational or extension techniques)
- Knee Ride to anywhere other than the belly button region (the ribs, face or neck)
- Triangle attacks that are reinforced with the hands

Specific Techniques banned to all Rogue BJJ Studio students during rolling include:

- Eye gouge
- Fish hooks (hooking the mouth/cheeks)
- Strikes (unless specified within a drill)
- Biting
- Attacks to the groin
- Pinching, poking, tickling
- Small joint manipulation including finger/thumb locks, twists or attacks (minimum three fingers to be gripped at once as long as they are not threatened with a direct attack)
- Lifting partners off the mat
- Driving or dumping partners into the mat
- Grape Vining (including takedowns)
- Stacking techniques (unless specified within a drill)
- 'Slicer' techniques (calf or elbow slicer)
- Jumping to guard
- Any technique that will not provide sufficient opportunity for your partner to tap
- Any technique your partner is not permitted to execute due to their inexperience