



TGSO LEGAL TECHNIQUES CHART

SUBMISSION ONLY • NO POINTS • NO EXCUSES • STAY TRUE TO YOUR GAME.

TECHNIQUES	KIDS 5-12 NOVICE, BEGINNER, INTERMEDIATE	KIDS ADVANCED & TEENS 13-17	WHITE	BLUE	PURPLE	BROWN + BLACK
STRAIGHT ARM-LOCK	YES	YES	YES	YES	YES	YES
AMERICANA / KIMURA	YES	YES	YES	YES	YES	YES
REAR NAKED CHOKE	YES	YES	YES	YES	YES	YES
TRIANGLE	YES	YES	YES	YES	YES	YES
GUILLOTINE*	*ONLY ON GROUND	YES	YES	YES	YES	YES
OMOPLATA	YES	YES	YES	YES	YES	YES
CHOKES WITH THE GI	YES	YES	YES	YES	YES	YES
EZEKIEL CHOKE	NO	YES	YES	YES	YES	YES
ARM TRIANGLE	NO	YES	YES	YES	YES	YES
DARCE OR ANACONDA	NO	YES	YES	YES	YES	YES
GOGOPLATA	NO	YES	YES	YES	YES	YES
RIB COMPRESSION	NO	NO	YES	YES	YES	YES
STRAIGHT FOOTLOCK	NO	NO	YES	YES	YES	YES
ELECTRIC CHAIR / BANANA SPLIT	NO	NO	YES	YES	YES	YES
WRISTLOCK	NO	NO	NO	YES	YES	YES
TWISTER	NO	NO	NO	YES	YES	YES
BICEPT CRUSHER	NO	NO	NO	YES	YES	YES
CALF CRUSHER	NO	NO	NO	YES	YES	YES
KNEE BAR	NO	NO	NO	YES	YES	YES
TOE HOLD	NO	NO	NO	YES	YES	YES
ESTIMA LOCK	NO	NO	NO	YES	YES	YES
KNEE REAP* / FALSE REAP	NO	NO	NO	*CANNOT ATTACK REAP LEG	YES	YES
HEEL HOOK / AEOKI LOCK	NO	NO	NO	NO	NO-GI ONLY	YES
SCISSOR TAKE DOWN*	NO	NO	NO	NO	NO	*ONE HAND ON THE FLOOR
NECK CRANKS	NO	NO	NO	NO	NO	YES
JUMPING GUARD OR FLYING SUBMISSIONS	NO	NO	NO	NO	NO	YES
SLAMS	NO	NO	NO	NO	NO	NO

★ TGSO ABSOLUTE PIT CHALLENGE ★

BROWN & BLACK BELTS ONLY | SUBMISSION ONLY ABSOLUTE DIVISION | NO OTHER MATS ACTIVE