



THE TOWER
GRAND PRIX

Blue Belt (Gi and No Gi)

Purple Belt (Gi and No Gi)

Brown and Black Belt No Gi

Brown and Black Belt Gi

THE TOWER GRAND PRIX

1

Straight Ankle Locks

2

Jumping Full Guard

3

Wrist Locks

4

Toe Hold

5

X

Knee Bar

6

X

Bicep/Calf Slicer

7

X

Knee Reaping

8

X

Neck Crank

9

X

X

Heel Hooks

10

X

X

Scissor Takedowns

11

X

X

X

X

Slams