

	4 to 13 years old (Little Warriors 1-5)	14 to 15 years old (Young Warriors)	16 & 17 years old (all ranks) and white belts (Adult to Master)	Adult to Master 7 (blue & purple belts)	Adult to Master (brown & black belts) except Adult No Gi	Adult (brown & black belts) No Gi	WAR UNDER THE LIGHTS
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			Bicep slicer
13	X	X	X	X			Calf slicer
14	X	X	X	X			Knee bar
15	X	X	X	X			Toe hold
16	X	X	X	X	X		Heel hook
17	X	X	X	X	X		Locks twisting the knees
18	X	X	X	X	X		Knee Reaping
19	X	X	X	X	X		In straight foot lock, turning in the direction of foot not under attack
20	X	X	X	X	X		In toe hold, applying outward pressure on the foot
21	X	X	X	X	X		Slam
22	X	X	X	X	X	X	Spinal lock without choke
23	X	X	X	X	X	X	Scissor Takedown
24	X	X	X	X	X	X	Bending fingers backwards
25	X	X	X	X	X	X	Grabbing the opponents belt and throwing them to the floor on their head when defending a single leg situation while opponent's head is on the outside of their body
26	X	X	X	X	X	X	Suplex takedown technique, landing with the opponent's head or neck on the ground.