



OJA Technique list – Kids 5-15 yr old

TECHNIQUE		4-5 YRS ALL BELTS	6-9 YRS WHITE BELTS	6-9 YRS COLOR BELTS	10-11 YRS ALL BELTS	12-15 YRS ALL BELTS
GENERAL SUBMISSIONS	ARMLOCK	NO	NO	YES	YES	YES
	KIMURA	NO	NO	NO	YES	YES
	AMERICANA	NO	NO	NO	YES	YES
	STRETCHING LEGS APART	NO	NO	NO	NO	YES
	OMOPLATA / GOGOPLATA	NO	NO	NO	NO	NO
	WRIST LOCK	NO	NO	NO	NO	NO
	ALL LEG ATTACKS	NO	NO	NO	NO	NO
	TRIANGLE PULLING THE HEAD	NO	NO	NO	NO	NO
	BICEP SLICER	NO	NO	NO	NO	NO
CHOKES	BOW & ARROW CHOKE	NO	NO	NO	YES	YES
	COLLAR CHOKE	NO	NO	NO	YES	YES
	REAR NAKED	NO	NO	NO	YES	YES
	TRIANGLE	NO	NO	NO	YES	YES
	ARM TRIANGLE	NO	NO	NO	NO	NO
	EZEKIEL	NO	NO	NO	NO	NO
	GUILLOTINE	NO	NO	NO	NO	NO
	NECK CRANK	NO	NO	NO	NO	NO
CERVICAL LOCKS	NO	NO	NO	NO	NO	
TAKEDOWNS	HEAD & ARM THROW	NO	NO	NO	NO	NO
	2 ARM SEIONAGE	NO	NO	NO	NO	NO
	SCISSOR TAKEDOWNS	NO	NO	NO	NO	NO
	JUMP GUARD	NO	NO	NO	NO	NO
	SINGLE LEG , W/ HEAD ON OUTSIDE	NO	NO	NO	NO	NO
	OVER YOUR HEAD THROWS	NO	NO	NO	NO	NO
GENERAL	PULLING HAIR	NO	NO	NO	NO	NO
	BITING	NO	NO	NO	NO	NO
	FOUL LANGUAGE	NO	NO	NO	NO	NO
	STRIKING	NO	NO	NO	NO	NO
	UNSPORTSMANLIKE	NO	NO	NO	NO	NO
	FINGER / TOE BENDING	NO	NO	NO	NO	NO