



# OJA TECHNIQUE LIST

## Juvenile , Adult , Master



TECHNIQUE		16-17 & ADULT WHITE BELTS	ALL BLUE BELTS	ALL PURPLE BELTS	BROWN BELTS	BLACK BELTS JJIF STANDARD
GENERAL SUBMISSIONS	ARMLOCK	YES	YES	YES	YES	YES
	KIMURA / AMERICANA	YES	YES	YES	YES	YES
	OMAPLATA / GOGOPLATA	YES	YES	YES	YES	YES
	STRAIGHT FOOT LOCK	YES	YES	YES	YES	YES
	LOCKED CLOSED GUARD COMPRESSING RIBS	NO	YES	YES	YES	YES
	WRIST LOCK	NO	YES	YES	YES	YES
	KNEE BARS / TOE HOLDS	NO	NO	NO	YES	YES
	CALF / BICEP SLICER	NO	NO	NO	YES	YES
	HEEL HOOK / KNEE REAPING	NO	NO	NO	NO	NO
CHOKES	TRIANGLE	YES	YES	YES	YES	YES
	COLLAR CHOKE	YES	YES	YES	YES	YES
	REAR NAKED	YES	YES	YES	YES	YES
	BOW & ARROW	YES	YES	YES	YES	YES
	ARM TRIANGLE	YES	YES	YES	YES	YES
	DARCE / ANACONDA	YES	YES	YES	YES	YES
	GUILLOTINE / EZEKIEL	YES	YES	YES	YES	YES
	MOUNTED NAKED CHOKE	NO	YES	YES	YES	YES
	CERVICAL LOCKS	NO	NO	NO	NO	NO
TAKEDOWNS	HEAD & ARM THROW	YES	YES	YES	YES	YES
	2 ARM SEIONAGE	YES	YES	YES	YES	YES
	SINGLE LEG , W/ HEAD ON OUTSIDE	NO	YES	YES	YES	YES
	JUMPING GUARD /ATTACKS	NO	YES	YES	YES	YES
	SUPLEX ON HEAD OR NECK SLAMS	NO	NO	NO	NO	NO
	SCISSOR TAKEDOWN	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