



OJA Technique list – Kids 5-15 yr old

| TECHNIQUE              |                                    | 5-6 YRS<br>ALL<br>BELTS | 7-10 YRS<br>WHITE<br>BELTS | 7-10 YRS<br>COLOR<br>BELTS | 11-12 YRS<br>ALL<br>BELTS | 13-15 YRS<br>ALL<br>BELTS |
|------------------------|------------------------------------|-------------------------|----------------------------|----------------------------|---------------------------|---------------------------|
| GENERAL<br>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 /<br>GOGOPLATA            | NO                      | NO                         | NO                         | NO                        | NO                        |
|                        | WRIST LOCK                         | NO                      | NO                         | NO                         | NO                        | NO                        |
|                        | ALL LEG ATTACKS                    | NO                      | NO                         | NO                         | NO                        | NO                        |
|                        | TRIANGLE PULLING THE<br>HEAD       | NO                      | NO                         | NO                         | NO                        | NO                        |
|                        | BICEP SLICER                       | NO                      | NO                         | NO                         | NO                        | NO                        |
| CHOKES                 | OPEN FACE 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<br>ON OUTSIDE | NO                      | NO                         | NO                         | NO                        | NO                        |
|                        | OVER YOUR HEAD<br>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                        |