

FLOW SUB ONLY - 2024 Revised Legal Submissions

	Kids (under 16)	BEGINNER/WHITE	INTERMEDIATE/BLUE	ADVANCED/PURPLE-BROWN-BLACK	ABSOLUTE
ARM BAR	YES	YES	YES	YES	YES
AMERICANA	YES	YES	YES	YES	YES
KIMURA	YES	YES	YES	YES	YES
OMOPLATA	YES	YES	YES	YES	YES
REAR NAKED CHOKE	YES	YES	YES	YES	YES
GI CHOKES	YES	YES	YES	YES	YES
GUILLOTINE CHOKE	GROUND ONLY	YES	YES	YES	YES
ARM TRIANGLE	YES	YES	YES	YES	YES
TRIANGLE CHOKE	YES	YES	YES	YES	YES
EZEKIEL CHOKE	YES	YES	YES	YES	YES
WRIST LOCK	X	YES	YES	YES	YES
MUFFLER/SMOTHER	X	YES	YES	YES	YES
ELECTRIC CHAIR	X	YES	YES	YES	YES
STRAIGHT FOOT LOCK	X	YES	YES	YES	YES
NECK CRANK	X	YES	YES	YES	YES
KNEE REAP	X	X	YES	YES	YES
KNEE BAR	X	X	YES	YES	YES
JUMPING/FLYING SUBS	X	X	YES	YES	YES
TOE HOLD	X	X	X	YES	YES
AOKI LOCK	X	X	X	YES	YES
ESTIMA LOCK	X	X	X	YES	YES
CALF/BICEP SLICER	X	X	X	YES	YES
HEEL HOOK	X	X	X	NOGI ONLY	NOGI ONLY
Z LOCK/HIP LOCK	X	X	X	NOGI ONLY	NOGI ONLY
JUMPING GUARD	X	X	X	X	X
SLAMS	X	X	X	X	X
SCISSOR TAKEDOWN	X	X	X	X	X