

# Tiger Balm Internationals

## Jiu-Jitsu & Grappling Rules

	Kids 12 & Under	Teens & Novice	Adult Advanced
<b>Straight Armbar</b>	Yes	Yes	Yes
<b>Americana / Kimura</b>	Yes	Yes	Yes
<b>Cross Choke w/ Gi</b>	Yes	Yes	Yes
<b>Rear Naked Choke</b>	Yes	Yes	Yes
<b>Banana Splits</b>	Yes	Yes	Yes
<b>Baseball Bat Choke</b>	Yes	Yes	Yes
<b>Push Choke</b>	Yes	Yes	Yes
<b>Papercutter Choke</b>	Yes	Yes	Yes
<b>Triangle Choke</b>	Yes (no pulling head)	Yes	Yes
<b>Bow &amp; Arrow Choke</b>	No	Yes	Yes
<b>Arm Triangle Choke</b>	No	Yes	Yes
<b>North/South Choke</b>	No	Yes	Yes
<b>Body Compression</b>	No	Yes	Yes
<b>Guillotine Choke</b>	No	Yes	Yes
<b>Ezekiel Choke</b>	No	Yes	Yes
<b>Straight Ankle Lock</b>	No	Yes	Yes
<b>Omplata Lock</b>	No	Yes	Yes
<b>Gogoplata Choke</b>	No	Yes	Yes
<b>Choke w/ Neck Crank</b>	No	Yes	Yes
<b>Kneebar</b>	No	No	Yes
<b>Toe Hold / Estima</b>	No	No	Yes
<b>Bicep Slicer</b>	No	No	Yes
<b>Calf Slicer</b>	No	No	Yes
<b>Wrist Locks</b>	No	No	Yes
<b>Jumping Guard</b>	No	No	Yes
<b>Inward Knee Reap</b>	No	No	No
<b>Outward Toe Hold</b>	No	No	No
<b>Finger Bending</b>	No	No	No
<b>Neck Crank only</b>	No	No	No
<b>Scissor Takedown</b>	No	No	No
<b>Heel Hook</b>	No	No	No
<b>Slam* (see below)</b>	No	No	No
<b>Spiking onto head</b>	No	No	No
<b>Striking of any kind</b>	No	No	No

\*Slamming is lifting a grounded opponent up off the mat and then smashing them down again.