

NOGI 2016 KIDS

Tiny 2 min • Kids 3 min

NOV.	BEG.	INT.	ADV.	PRO	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR • GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BANANA SPLITS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BICEP SLICER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BODY LOCK INSIDE THE CLOSED GUARD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CALF SLICER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	EZEKIAL CHOKE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HEEL HOOK
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	JUMPING GUARD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	KNEEBAR
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REAPING THE KNEE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SCISSOR (ONE HAND ON MAT)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SLAM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SMALL JOINT MANIPULATION
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SPINAL LOCK WITHOUT CHOKE (TWISTERS)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STANDING SUBMISSIONS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STRAIGHT FOOT LOCK
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOE HOLD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WRIST LOCK

NOGI 2016 TEENS

4 min

NOV. BEG. INT. ADV. PRO

NOV.	BEG.	INT.	ADV.	PRO	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR, GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BANANA SPLITS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BICEP SLICER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BODY LOCK INSIDE THE CLOSED GUARD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CALF SLICER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	EZEKIAL CHOKE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HEEL HOOK
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	JUMPING GUARD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	KNEEBAR
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REAPING THE KNEE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SCISSOR (ONE HAND ON MAT)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SLAM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SMALL JOINT MANIPULATION
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SPINAL LOCK WITHOUT CHOKE (TWISTERS)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STANDING SUBMISSIONS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STRAIGHT FOOT LOCK
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOE HOLD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WRIST LOCK

NOGI 2016 JUVENILE

5 min

NOV. BEG. INT. ADV. PRO

NOV.	BEG.	INT.	ADV.	PRO	
✓	✓	✓	✓	✓	COMMON SUBMISSIONS: ARM TRIANGLES - ARM BAR, GUILLOTINE - SHOULDER LOCKS - OMAPLATA - TRIANGLE ETC...
✓	✓	✓	✓	✓	BANANA SPLITS
✗	✗	✗	✗	✗	BICEP SLICER
✗	✗	✗	✗	✗	BODY LOCK INSIDE THE CLOSED GUARD
✗	✗	✗	✗	✗	CALF SLICER
✗	✗	✗	✗	✗	EZEKIAL CHOKE
✗	✗	✗	✗	✗	HEEL HOOK
✗	✗	✓	✓	✓	JUMPING GUARD
✗	✗	✗	✗	✗	KNEEBAR
✗	✗	✗	✗	✗	REAPING THE KNEE
✗	✗	✗	✗	✗	SCISSOR (ONE HAND ON MAT)
✗	✗	✗	✗	✗	SLAM
✗	✗	✗	✗	✗	SMALL JOINT MANIPULATION
✗	✗	✗	✗	✗	SPINAL LOCK WITHOUT CHOKE (TWISTERS)
✓	✓	✓	✓	✓	STANDING SUBMISSIONS
✗	✗	✓	✓	✓	STRAIGHT FOOT LOCK
✗	✗	✗	✗	✗	TOE HOLD
✗	✗	✗	✗	✗	WRIST LOCK

NOGI 2016 ADULT

Mas/Sen 5 min • Adult 6 min

NOV. BEG. INT. ADV. PRO

NOV.	BEG.	INT.	ADV.	PRO	
✓	✓	✓	✓	✓	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR, GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
✓	✓	✓	✓	✓	BANANA SPLITS
✗	✗	✓	✓	✓	BICEP SLICER
✓	✓	✓	✓	✓	BODY LOCK INSIDE THE CLOSED GUARD
✗	✗	✓	✓	✓	CALF SLICER
✓	✓	✓	✓	✓	EZEKIAL CHOKE
✗	✗	✗	✓	✓	HEEL HOOK
✗	✗	✓	✓	✓	JUMPING GUARD
✓	✓	✓	✓	✓	KNEEBAR
✗	✗	✗	✓	✓	REAPING THE KNEE
✗	✗	✗	✓	✓	SCISSOR (ONE HAND ON MAT)
✗	✗	✗	✗	✗	SLAM
✗	✗	✗	✗	✗	SMALL JOINT MANIPULATION
✗	✗	✗	✓	✓	SPINAL LOCK WITHOUT CHOKE (TWISTERS)
✓	✓	✓	✓	✓	STANDING SUBMISSIONS
✗	✗	✓	✓	✓	STRAIGHT FOOT LOCK
✓	✓	✓	✓	✓	TOE HOLD
✓	✓	✓	✓	✓	WRIST LOCK

ALL RANKS
(4-12)

ALL RANKS
(13-15)

WHITE
(16+)

BLUE
(16+)

PURPLE - BLACK
(16+)

ALL RANKS (4-12)	ALL RANKS (13-15)	WHITE (16+)	BLUE (16+)	PURPLE - BLACK (16+)	
✓	✓	✓	✓	✓	COMMON SUBMISSIONS: ARM TRIANGLES - ARM BAR - GUILLOTINE - SHOULDER LOCKS - OMAPLATA - TRIANGLE ETC...
✗	✓	✓	✓	✓	BANANA SPLIT
✗	✗	✗	✗	✓	BICEP SLICER
✗	✗	✗	✓	✓	BODY LOCK INSIDE THE CLOSED GUARD
✗	✗	✗	✗	✓	CALF SLICER
✓	✓	✓	✓	✓	EZEKIAL CHOKE
✗	✗	✗	✗	✗	HEEL HOOK
✗	✗	✗	✓	✓	JUMPING GUARD
✗	✗	✗	✗	✓	KNEEBAR
✗	✗	✗	✗	✗	REAPING THE KNEE
✗	✗	✗	✗	✗	SCISSOR (ONE HAND ON MAT)
✗	✗	✗	✗	✗	SLAM
✗	✗	✗	✗	✗	SMALL JOINT MANIPULATION
✗	✗	✗	✗	✗	SPINAL LOCK WITHOUT CHOKE (TWISTERS)
✗	✗	✓	✓	✓	STANDING SUBMISSIONS
✗	✗	✓	✓	✓	STRAIGHT FOOT LOCK
✗	✗	✗	✗	✓	TOE HOLD
✗	✗	✗	✓	✓	WRIST LOCK

GI 2016

TIMES

KIDS - (4 - 17 YEARS)

Tiny (4 - 6 years) - *2 minutes*

Kid (7 - 9 years) - *3 minutes*

Pre Teen (10 - 12 years) - *3 minutes*

Teen (13 - 15 years) - *4 minutes*

Juvenile (16 - 17 years) - *5 minutes*

ADULT (18 - 29 YEARS)

White - *5 minutes*

Blue - *6 minutes*

Purple - *6 minutes*

Brown - *6 minutes*

Black - *6 minutes*

MASTER (30 - 39 YEARS)

White - *5 minutes*

Blue - *5 minutes*

Purple - *6 minutes*

Brown - *6 minutes*

Black - *6 minutes*

SENIOR (40 + YEARS)

White - *5 minutes*

Blue - *5 minutes*

Purple - *5 minutes*

Brown - *5 minutes*

Black - *5 minutes*

