

NOGI 2018

NOV. BEG. INT. ADV. PRO

TINY KIDS - TEEN

<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...
TINY KIDS, KIDS, & PRE-TEEN <input type="checkbox"/> TEEN <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"/>	EZEKIAL CHOKE
<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"/>	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 LOCKS AND NECK CRANKS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STANDING OR FLYING SUBMISSIONS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SUBMISSIONS BELOW THE WAIST (SEE BANANA SPLITS)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WRIST LOCK



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JUVENILE

<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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BANANA SPLITS
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BICEP SLICER
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	CALF SLICER
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	EZEKIAL CHOKE
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	HEEL HOOK
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	JUMPING GUARD
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	KNEEBAR
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	REAPING THE KNEE
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SCISSOR (ONE HAND ON MAT)
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SLAM
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SMALL JOINT MANIPULATION
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SPINAL LOCKS AND NECK CRANKS
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	STANDING SUBMISSIONS
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	STRAIGHT FOOT LOCK
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	TOE HOLD
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WRIST LOCK



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NOV. BEG. INT. ADV. PRO

ADULT

NOV.	BEG.	INT.	ADV.	PRO	
✓	✓	✓	✓	✓	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR, GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
✓	✓	✓	✓	✓	BANANA SPLITS
✗	✗	✓	✓	✓	BICEP SLICER
✗	✗	✓	✓	✓	CALF SLICER
✓	✓	✓	✓	✓	EZEKIAL CHOKE
✗	✗	✗	✓	✓	HEEL HOOK
✗	✗	✓	✓	✓	JUMPING GUARD
✓	✓	✓	✓	✓	KNEEBAR
✗	✗	✗	✓	✓	REAPING THE KNEE
✗	✗	✗	✓	✓	SCISSOR (ONE HAND ON MAT)
✗	✗	✗	✗	✗	SLAM
✗	✗	✗	✗	✗	SMALL JOINT MANIPULATION
✗	✗	✗	✓	✓	SPINAL LOCKS AND NECK CRANKS
✓	✓	✓	✓	✓	STANDING SUBMISSIONS
✓	✓	✓	✓	✓	STRAIGHT FOOT LOCK
✗	✗	✓	✓	✓	TOE HOLD
✓	✓	✓	✓	✓	WRIST LOCK



	ALL RANKS (4-12)	ALL RANKS (13-15)	WHITE (16+)	BLUE (16+)	PURPLE - BLACK (16+)	
	✔	✔	✔	✔	✔	COMMON SUBMISSIONS: ARM TRIANGLES, ARM BAR • GUILLOTINE • SHOULDER LOCKS, OMPLATA • TRIANGLE ETC...
	✘	✘	✔	✔	✔	BANANA SPLIT
	✘	✘	✘	✘	✔	BICEP SLICER
	✘	✘	✘	✘	✔	CALF SLICER
	✔	✔	✔	✔	✔	EZEKIAL CHOKE
	✘	✘	✘	✘	✘	HEEL HOOK
	✘	✘	✘	✔	✔	JUMPING GUARD
	✘	✘	✘	✘	✔	KNEEBAR
	✘	✘	✘	✘	✘	REAPING THE KNEE
	✘	✘	✘	✘	✘	SCISSOR (ONE HAND ON MAT)
	✘	✘	✘	✘	✘	SLAM
	✘	✘	✘	✘	✘	SMALL JOINT MANIPULATION
	✘	✘	✘	✘	✘	SPINAL LOCKS AND NECK GRANKS
	✘	✘	✔	✔	✔	STANDING SUBMISSIONS
	✘	✘	✔	✔	✔	STRAIGHT FOOT LOCK
	✘	✘	✘	✘	✔	TOE HOLD
	✘	✘	✘	✔	✔	WRIST LOCK



GT 2018 TIMES

Kids - (4 - 15 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, ADULT, MASTER, SENIOR

White - 5 minutes

Blue - 5 minutes

Purple - 6 minutes

Brown - 6 minutes

Black - 6 minutes



NOGT 2018 TIMES

Kids - (4 - 15 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, ADULT, MASTER, SENIOR

Novice - 5 minutes

Beginner - 5 minutes

Intermediate - 5 minutes

Advanced - 6 minutes

Pro - 6 minutes

