

Technical restrictions U12

Up to and including “A” band, i.e. U12 by the year of birth (1995 and younger).

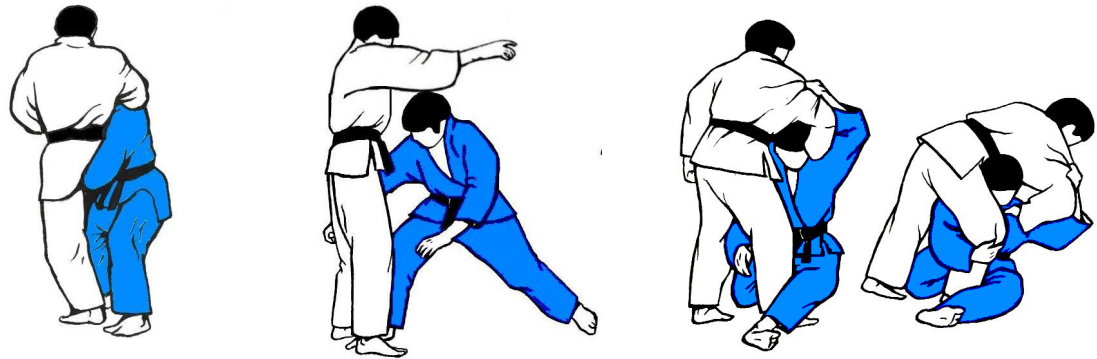
MATTE:

Techniques involving
knee dropping element



MATTE:

Technique involving any form of leg grappling



TE-GURUMA MOROTE-GARI

YOKO-OTOSHI
(Known as Laats)

MATTE:

Neck grappling

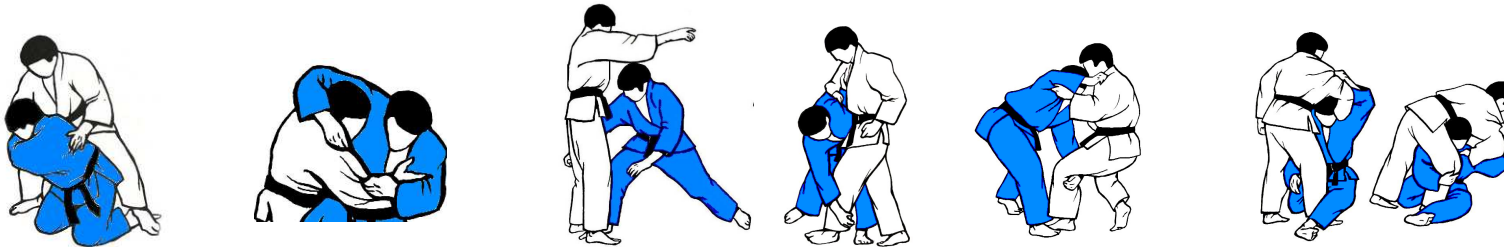


Hand assisted
UCHI-GARI

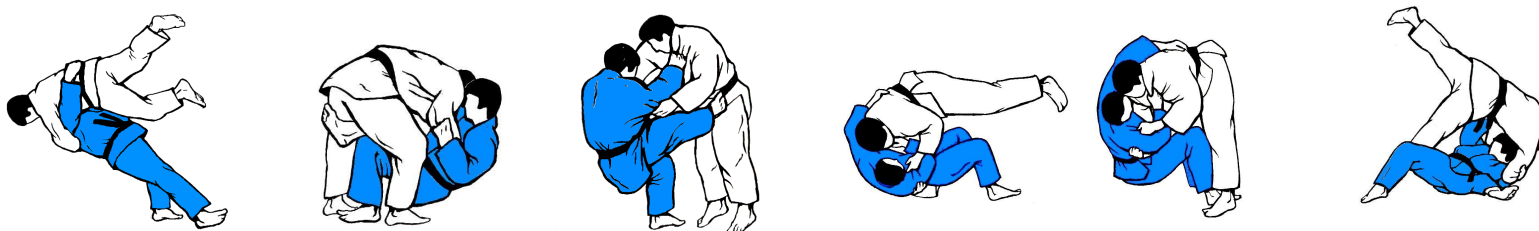
KUCHIKI TAOSHI

Technical restrictions U10

(i.e. 1997 and below in 2007).



Same as U12 restricting knee dropping, neck grappling and leg grappling – plus:
MATTE: ALL FORMS OF SUTEMI-WAZA



All **“MAKIKOMI”** VERSIONS OF THROWS ARE ALLOWED,
AS THE SACRIFICE DROP ELEMENT HERE LARGELY HAPPENS
DUE TO THE LACK OF BALANCE COMMON FOR THIS AGE.

