

# **CENTRAL**

## **COMBAT SPORTS**

1565 Lauzon Rd. Unit #2, Windsor, ON, N8S3N4 | 519-987-3482 | centralmma.com

### **SAFE BJJ SPARRING GUIDELINES**

While sparring in the gym, it's imperative to be aware of the techniques that carry the most risk for injury, and to approach their use with the utmost caution or avoid them altogether.

#### **THE FOLLOWING TECHNIQUES ARE BANNED DURING TRAINING**

**JUMPING GUARD**



**FLYING TAKEDOWN**



**SPIKE TAKEDOWN**



**SLAM ESCAPE**



**NECK CRANK**



**FINGER LOCK**



The advanced sparring techniques listed below are for Green Belts and up only. If a Green belt or higher is sparring with a white belt, none of the leglock techniques below are permitted. All advanced leglock techniques must only be applied in a "catch-and-release" manner.

#### **THE FOLLOWING ADVANCED TECHNIQUES ARE FOR GREEN BELT AND UP ONLY**

**KNEE BAR**



**HEEL HOOK**



**TOE HOLD**

