

ICO CJJ IN BRIEF

UNIFIED AMATEUR RULES (UAR) CJJ

C-Class Novice (No Head Strikes)

B-Class Intermediate (No Head Strikes on the Ground)

A-Class Advanced (Full CJJ UAR)

ROUNDS:

✓ 1 x 3 minutes

✓ In the event of a draw and extra 1 x 1 minute round with 1 minute rest applies.

EQUIPMENT AND ATTIRE: Strong Style Gi, Spar style MMA gloves, Shin & Instep protectors, Mouth & Groin guard, Red or Blue Belt

TECHNIQUES ALLOWED:

Striking: Punches, Kicks, Knees

Take-Downs: Sweeps, Single & Double Leg, Body Tackles, Hip Throws, Drags

Submissions: Arm Bars, Kimura, Americana, Straight leg locks, Chokes, Strangles, Ankle locks

TECHNIQUES NOT ALLOWED: Elbows, Knees to the head, Spiking, Small joint manipulation, Striking to joints, Heel hooks, Neck cranks, Rotation of legs, Rotation and compression of spine, Spinning backfist