

中國香港柔道總會 A 級教練考核內容

Te-waza		
Seoi-nage	Seoi-otoshi	Tai-otoshi
Kata-guruma	Obi-tori-gaeshi	Morote-gari
Kuchiki-taoshi	Kibisu-gaeshi	Uchi-mata-sukashi

Koshi-waza		
O-goshi	Tsurikomi-goshi	Tsuri-Goshi
Harai-goshi	Ushiro-goshi	

Ashi-waza		
Hiza-guruma	Sasae-tsurikomi-ashi	Ashi-guruma
O-soto-otoshi	O-soto-gaeshi	O-uchi-gaeshi
Hane-goshi-gaeshi	Harai-goshi-gaeshi	Uchi-mata-gaeshi

Ma-sutemi-waza	
Tomoe-nage	Sumi-gaeshi

Yoko-sutemi-waza		
Hane-makikomi	Soto-makikomi	Uchi-makikomi
O-soto-makikomi	Uchi-mata-makikomi	Harai-makikomi
Ko-uchi-makikomi	Kani-basami	Kawazu-gake

Osaekomi-waza	
Uki-gatame	Ura-gatame

Shime-waza		
Nami-juji-jime	Gyaku-juji-jime	Katate-jime
Ryote-jime	Sode-guruma-jime	Tsukkomi-jime
Sankaku-jime	Do-jime	

Kansetsu-waza		
Ude-hishigi-waki-gatame	Ude-hishigi-hara-gatame	Ude-hishigi-ashi- gatame
Ude-hishigi-te-gatame	Ude-hishigi-sankaku- gatame	Ashi- garami