

中國香港柔道總會 C 級教練考核內容

Ritsu-rei	Za-rei
Judogi-kikata	

Mae-ukemi	Ushiro-ukemi
Yoko-ukemi	Mae-mawari-ukemi

Te-waza		
Seoi-nage	Ippon-seoi-nage	Seoi-otoshi
Tai-otoshi	Uki-otoshi	Ko-uchi-gaeshi

Koshi-waza		
Uki-goshi	O-goshi	Koshi-guruma
Tsurikomi-goshi	Sode-tsurikomi-goshi	Harai-goshi
Tsuri-goshi	Hane-goshi	Utsuri-goshi
Ushiro-goshi		

Ashi-waza		
De-ashi-harai	Hiza-guruma	Sasae-tsurikomi-ashi
O-soto-gari	O-uchi-gari	Ko-soto-gari
Ko-uchi-gari	Okuri-ashi-harai	Uchi-mata
Harai-tsurikomi-ashi		

Ma-sutemi-waza	
Tomoe-nage	Ura-nage

Yoko-sutemi-waza	
Yoko-otoshi	Tani-otoshi

Osaekomi-waza	
Kesa-gatame	Kuzure-kesa-gatame
Ushiro-kesa-gatame	Kata-gatame
Kami-shiho-gatame	Kuzure-kami-shiho-gatame
Yoko-shiho-gatame	Tate-shiho-gatame
Uki-gatame	Ura-gatame