

中國香港柔道總會 B 級教練考核內容

Te-waza		
Seoi-nage	Tai-otoshi	Sukui-nage
Obi-otoshi	Sumi-otoshi	Yama-arashi

Koshi-waza		
Tsurikomi-goshi	Sode-tsurikomi-goshi	Harai-goshi
Tsuri-goshi	Hane-goshi	Utsuri-goshi

Ashi-waza		
Sasae-tsurikomi-ashi	Ko-soto-gake	Ashi-guruma
Harai-tsurikomi-ashi	O-guruma	O-soto-guruma
O-soto-otoshi	Tsubame-gaeshi	

Ma-sutemi-waza		
Sumi-gaeshi	Hikikomi-gaeshi	Tawara-gaeshi

Yoko-sutemi-waza		
Uki-waza	Yoko-wakare	Yoko-guruma
Yoko-gake	Daki-wakare	

Osaekomi-waza	
Kesa-gatame	Kami-shiho-gatame
Yoko-shiho-gatame	Tate-shiho-gatame

Shime-waza	
Kata-juji-jime	Hadaka-jime
Okuri-eri-jime	Kataha-jime

Kansetsu-waza	
Ude-garami	Ude-hishigi-juji-gatame
Ude-hishigi-ude-gatame	Ude-hishigi-hiza-gatame