

	KỸ THUẬT QUẢNG / NÉM – NAGE WAZA					KỸ THUẬT KHÔNG CHẾ - KATAME WAZA			PHẢN ĐÒN Gaeshi-Waza
CẤP ĐÀI <i>KYU</i>	ĐÒN HÔNG <i>Koshi-Waza</i>	ĐÒN CHÂN <i>Ashi-Waza</i>	ĐÒN VAI <i>Kata-Waza</i>	ĐÒN TAY <i>Te-Waza</i>	ĐÒN HY SINH <i>Sutemi-Waza</i>	ĐÒN ĐỀ <i>Osaekomi - waza</i>	ĐÒN SIẾT CỔ <i>Shime - waza</i>	ĐÒN KHÓA TAY <i>Kansetsu - waza</i>	
	1. Uki-goshi 2. Tsurì-goshi 3. O-goshi	1. O-soto-gari 2. O-uchi-gari	1. Seoi-nage 2. Ippon-seoi-nage			1. Kesa-gatame 2. Kata-gatame 3. Kami-shiho-gatame	1. Do-jime (*)		
VÀNG <i>(Kyu 5)</i>	4. Kubi-nage 5. Koshi-guruma								
	1. Harai-goshi 2. Hane-goshi	1. Ko-uchi-gari 2. De-ashi-harai	1. Seoi-otoshi			1. Kuzure-kami-shiho-gatame 2. Gyaku-kesa-gatame	BỘ 1 - Uke nằm 1. Kata-juji-jime 2. Gyaku-juji-jime 3. Tsukomi-jime	BỘ 1 - Uke nằm 1. Ude-hishigi-juji-gatame 2. Ude-garami 3. Ude-hishigi-ude-gatame 4. Ude-hishigi-ude-gatame (bis)	
CAM <i>(Kyu 4)</i>									
	1. Tsurì-komi-goshi 2. Sode-tsurì-komi-goshi	1. O-soto-guruma 2. Hiza-guruma 3. Ko-soto-gake 4. O-kuri-ashi-barai	1. Kata-guruma (*)	1. Morote-gari (*)	1. Ko-uchi-makikomi 2. O-uchi-gari-makikomi 3. Seoi-nage-makikomi 4. Tomoe-nage 5. Yoko-otoshi 6. Sumi-gaeshi	1. Mune-gatame 2. Yoko-shiho-gatame 3. Yoko-shiho-gatame (bis)	BỘ 2 - Uke nằm 1. Okuri-eri-jime 2. Kataha-jime 3. Hadaka-jime 4. Hadaka-jime (bis)	BỘ 2 - Uke nằm 1. Ude-hishigi-juji-gatame 2. Yoko-ude-hishigi-juji-gatame 3. Yoko-hiza-gatame 4. Yoko-hiza-gatame (bis)	1. Utsuri-goshi (Seoi nage - Uki goshi) 2. Osoto Gaeshi (Osoto gari - Osoto gari) 3. Tsubame Gaeshi (Deashi barai - Deashi barai)
LỤC <i>(Kyu 3)</i>									
	1. Uchi-mata 2. Yama-arashi	1. Ko-soto-gari 2. Sasae-tsurì-komi-ashi	1. Hidari-kata-seoi	1. Tai-otoshi 2. Sukui-nage (*)	1. Tani-otoshi 2. Soto-makikomi 3. Yoko-guruma 4. Yoko-gake 5. Uki-waza 6. Maki-tome 7. Hikikomi-gaeshi	1. Tate-shiho-gatame 2. Kuzure-kesa-gatame	BỘ 3 - Uke quỳ 1. Katate-jime 2. Katate-jime (bis) 3. Kataha-jime 4. Kataha-jime (bis)	BỘ 3 - Uke quỳ 1. Ude-hishigi-waki-gatame 2. Ude-hishigi-ashi-gatame 3. Ude-garami 4. Ude-hishigi-juji-gatame	1. Hiza guruma - Hiza guruma 2. Ushiro goshi 3. Hane Goshi Gaeshi (Hane goshi-Deashi barai) 4. O Uchi Gaeshi (Ouchi gari-Deashi barai)
LAM <i>(Kyu 2)</i>									
	1. O-guruma 2. Ashi-guruma 3. Daki-Asge (*)	1. O-soto-otoshi 2. Harai-tsurì-komi-ashi		1. Uki-otoshi 2. Kuchiki-taoshi (*) 3. Kibisu-gaeshi (*) 4. Sumi-otoshi	1. Osoto-makikomi 2. Harai-makikomi 3. Hane-makikomi 4. Uchi-mata-makikomi 5. Yoko-wakare 6. Daki-wakare 7. Tawara-gaeshi 8. Ura-nage 9. Kani-basami (*) 10. Kawazu-gake (*)	1. Ushiro-kesa-gatame 2. Ura-gatame 3. Uki-gatame	BỘ 4 - Uke đứng 1. Hadaka-jime 2. Hadaka-jime (bis) 3. Morote-jime 4. Morote-jime (bis) 5. Ryote-jime	BỘ 4 - Uke ngồi 1. Ude-hishigi-sankaku-gatame 2. Ude-hishigi-juji-gatame 3. Ude-hishigi-te-gatame 4. Ude-hishigi-te-gatame (bis)	1. Sumi gaeshi (Seoi nage - Sumi gaeshi) 2. Kosoto gake - Tomoe nage 3. Kosoto gake - Uchi mata 4. Uchi Mata Gaeshi (Uchi mata - De ashi barai) 5. Uchi Mata Sukashi
NÂU <i>(Kyu 1)</i>									
Tổng số <i>(119)</i>	14	12	5	7	23	13	17	16	12