

Tècniques	Minis	Benjamins	Alevins	Infantils	Cadets	Tècniques prohibides (minis, (benjamins Alevins)
Tècniques de Cames (Ashi-waza)	Deashi-harai Hiza-guruma Sasae-tsurikomi-ashi Osoto-gari Ouchi-gari Kosoto-gari Kouchi-gari Okuri-ashi-harai Uchi-mata Kosoto-gake Harai-tsurikomi-ashi Ashi-guruma Osoto-Otoshi O-guruma	Deashi-harai Hiza-guruma Sasae-tsurikomi-ashi Osoto-gari Ouchi-gari Kosoto-gari Kouchi-gari Okuri-ashi-harai Uchi-mata Kosoto-gake Harai-tsurikomi-ashi Ashi-guruma Osoto-Otoshi O-guruma	Deashi-harai Hiza-guruma Sasae-tsurikomi-ashi Osoto-gari Ouchi-gari Kosoto-gari Kouchi-gari Okuri-ashi-harai Uchi-mata Kosoto-gake Harai-tsurikomi-ashi Ashi-guruma Osoto-Otoshi O-guruma	Deashi-harai Hiza-guruma Sasae-tsurikomi-ashi Osoto-gari Ouchi-gari Kosoto-gari Kouchi-gari Okuri-ashi-harai Uchi-mata Kosoto-gake Harai-tsurikomi-ashi Ashi-guruma Osoto-Otoshi O-guruma	Deashi-harai Hiza-guruma Sasae-tsurikomi-ashi Osoto-gari Ouchi-gari Kosoto-gari Kouchi-gari Okuri-ashi-harai Uchi-mata Kosoto-gake Harai-tsurikomi-ashi Ashi-guruma Osoto-Otoshi O-guruma	Ko-uchi-makikomi
Tècniques de maluc (Koshi-waza)	Uki-goshi O-goshi Tsurikomi-goshi Harai-goshi Hane-goshi Utsuri-goshi Ushiro-goshi Sode-tsurikomi-goshi	Uki-goshi O-goshi Tsurikomi-goshi Harai-goshi Hane-goshi Utsuri-goshi Ushiro-goshi Sode-tsurikomi-goshi	Uki-goshi O-goshi Tsurikomi-goshi Harai-goshi Hane-goshi Utsuri-goshi Ushiro-goshi Sode-tsurikomi-goshi	Uki-goshi O-goshi Koshi-guruma Tsurikomi-goshi Harai-goshi Tsurigoshi Hane-goshi Utsuri-goshi Ushiro-goshi Sode-tsurikomi-goshi	Uki-goshi O-goshi Koshi-guruma Tsurikomi-goshi Harai-goshi Tsurigoshi Hane-goshi Utsuri-goshi Ushiro-goshi Sode-tsurikomi-goshi	Koshi-guruma Tsurigoshi
Tècniques de Braços (Te-waza)	Morote-Seoi-nage, Tai-Otoshi Kata-guruma, Sukui-nage, Uki-Otoshi Seoi-Otoshi, Uchi-mata-sukashi Ippon-seoi-nage	Morote -Seoi-nage, Tai-Otoshi Kata-guruma, Sukui-nage, Uki-Otoshi Seoi-Otoshi, Uchi-mata-sukashi Ippon-seoi-nage	Morote -Seoi-nage, Tai-Otoshi Kata-guruma, Sukui-nage, Uki-Otoshi Seoi-Otoshi, Uchi-mata-sukashi Ippon-seoi-nage	Morote-Seoi-nage, Tai-Otoshi Kata-guruma, Sukui-nage, Uki-Otoshi Seoi-Otoshi, Uchi-mata-sukashi Ippon-seoi-nage	Morote-Seoi-nage, Tai-Otoshi Kata-guruma, Sukui-nage, Uki-Otoshi Seoi-Otoshi, Uchi-mata-sukashi Ippon-seoi-nage	Tota tècnica que es recolzin els dos genolls al terra, si es recolza 1 genoll esta permès
Tècniques de sacrifici (Sutemi-waza)	Tani-otoshi Yoko-gake	Tani-otoshi Yoko-gake	Tani-otoshi Yoko-gake	Tani-otoshi Tomoe-nage Sumi-gaeshi Ura-nage Yoko-wakare Yoko-guruma Yoko-gake Osoto-makikomi	Tani-otoshi Tomoe-nage Sumi-gaeshi Ura-nage Yoko-wakare Yoko-guruma Yoko-gake Osoto-makikomi	

Immobilitzacions (Osae-komi-waza)	Totes permeses	Totes permeses	Totes permeses	Totes permeses	Totes permeses	
Estrangulacions (Shime-waza)	Prohibides	Prohibides	Prohibides	Prohibides	Totes permeses	
Luxacions (Kansetsu-waza)	Prohibides	Prohibides	Prohibides	Prohibides	Totes permeses	