

Gokyu

ATAQUE	TÉCNICA	OSCAR	LESTER	DAVID
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KATATE-DORI	T/H Shiho-nage
	T/S Ikkyo
	T/S Nikkyo
	T Irimi-nage
	T Kaiten-nage

Uchi Kaiten-nage (por dentro) / Soto Kaiten-nage

RIOTE-DORI	S Kokyu-ho
	T/S Shiho-nage
	T Tenchi-nage
	T Haishin undo

KATA-DORI	T Nikkyo
	T/S Ikkyo
	S Nikkyo

SHOMEN-UCHI	T/S Ikkyo
	T/S Nikkyo
	T/S Irimi-nage

YOKOMEN-UCHI	T Shiho-nage
	T Ikkyo
	T Nikkyo
	T Irimi-nage

BASICOS	Torifune, Furitame
	Shikko
	Kamae (Hidari/Migi)
	Taisabaki
	Okuri Ashi, Tsugi Ashi,
	Tenkai Ashi, Irimi Ashi,
	Tenkan Ashi, Irimitenkan
	Kaiten Ashi
	Ukemis
	Mae/Ushiro Kaiten Ukemi,
	Yoko Ukemi
	Shutouchi
	Shomen ,Yokomen
	Ikkyo shihogiri

Hoja1

	- Hidari-Hanmi.
	- Migi-Hanmi.
	Morotedori
	(Mae, Ushiro)
	Kokyoryoku yosei-ho

age (por fuera)