

ATAQUE	TÉCNICA	OSCAR	LESTER	DAVID
KATATE-DORI	T/H Shiho-nage	Uchi Kaiten-nage (por dentro) / Soto Kaiten-nage		
	T/S Ikkyo			
	T/S Nikkyo			
	T Irimi-nage			
	T 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			
	- Hidari-Hanmi.			
	- Migi-Hanmi.			
	Morotedori			
	(Mae, Ushiro)			
	Kokyoryoku yosei-ho			

age (por fuera)