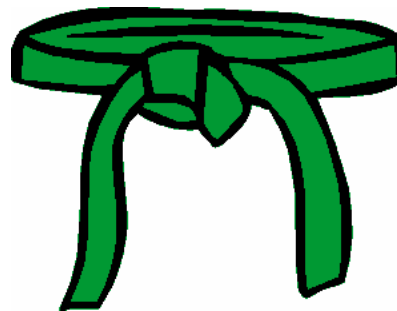


DE ASHI BARAI

ADVANCING FOOT SWEEP



KEY POINTS;

- Sweep from outside to inside
- Sweep with sole of foot
- Catch partner's advancing foot before weight is placed on it
- Strong "steering wheel" with hands



Inspire, Excel, Together.™



JUDO
NEW ZEALAND