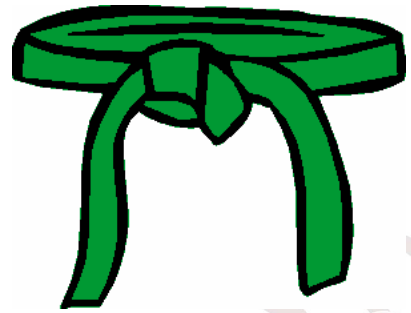


HARAI GOSHI

SWEEPING HIP



KEY POINTS;

- **Get hips in**
- **Body contact**
- **Sweep with straight leg**



Inspire, Excel, Together.™



**JUDO
NEW ZEALAND**