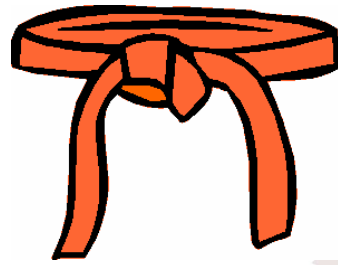


IPPON SEOI NAGE

*ONE ARM BACK
CARRY THROW*



KEY POINTS;

- **Knees bent, back straight**
- **Tight grip with inner elbow**
- **Partner's arm off shoulder**
- **Both feet inside partners**
- **Good head and shoulder rotation**



**JUDO
NEW ZEALAND**

