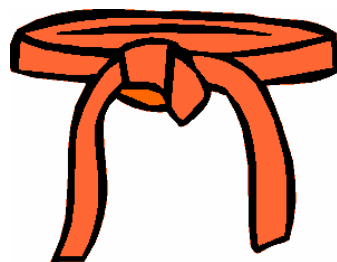


# KOSHI GURUMA

## *HIP WHEEL*



### **KEY POINTS;**

- **Arm around neck**
- **Feet at 270° (hips deep)**
- **Knees bent**
- **Rotate partner across small of back & hips**



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