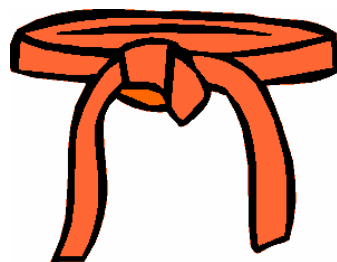


# KO UCHI GARI

*MINOR INNER REAPING*



## KEY POINTS;

- Use sole of foot
- Pull down to focus weight on leg you are not reaping



Inspire, Excel, Together.™



JUDO  
NEW ZEALAND