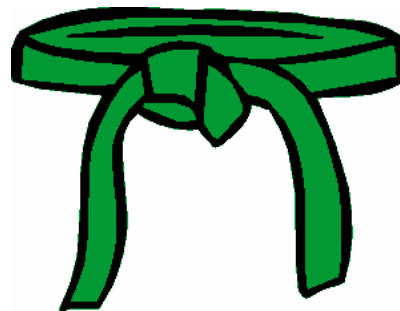


# KO UCHI MAKIKOMI

*MINOR INNER WINDING*



## KEY POINTS;

- Strong pull with left hand
- Head above arm
- Hook leg
- Lock with elbow



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