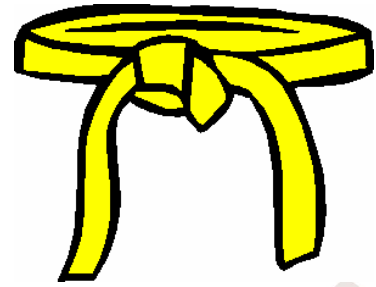


# MOROTE SEOI NAGE

*BOTH HANDS BACK  
CARRY THROW*



## KEY POINTS;

- Straight back, bent knees
- Partner's arm off the shoulder
- Feet between partner's feet
- Elbow close to own body
- Head and shoulder rotation



Inspire, Excel, Together.™



JUDO  
NEW ZEALAND