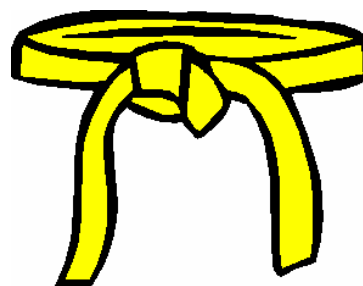


# O GOSHI

*MAJOR HIP*



## KEY POINTS;

- **Knees bent, back straight**
- **Arm behind, do not grip belt**
- **Both feet inside partners**
- **Hips right in**



**JUDO  
NEW ZEALAND**

