SASAE TSURI KOMI ASHI
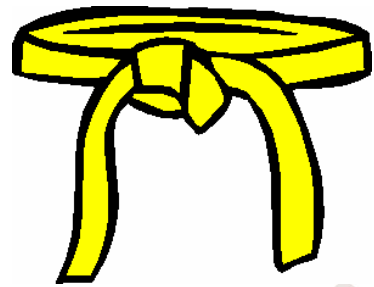
DRAWING PROPPING LIFTING ANKLE

KEY POINTS;

- **Strong "draw" with sleeve hand**
- **Step to side to allow throw**
- **"Prop" - not sweep**

JUDO
NEW ZEALAND

19/6/11