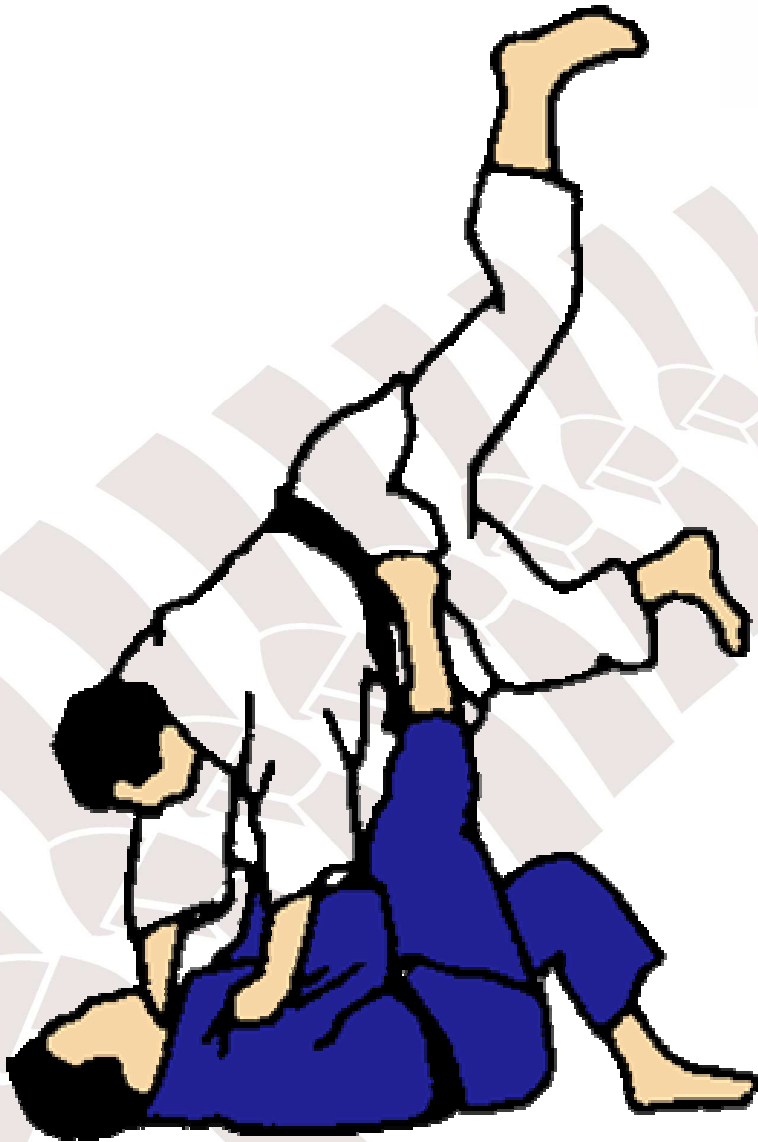
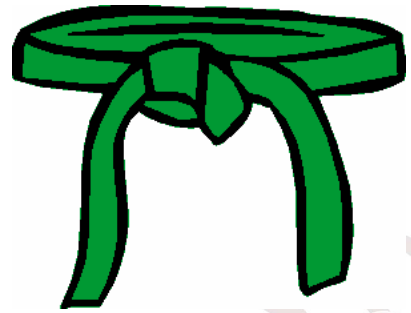


TOMOE NAGE

CIRCLE THROW



KEY POINTS;

- Plant hips below partner's hips
- Turn foot outwards before contact
- Straight leg



Inspire, Excel, Together.™



JUDO
NEW ZEALAND