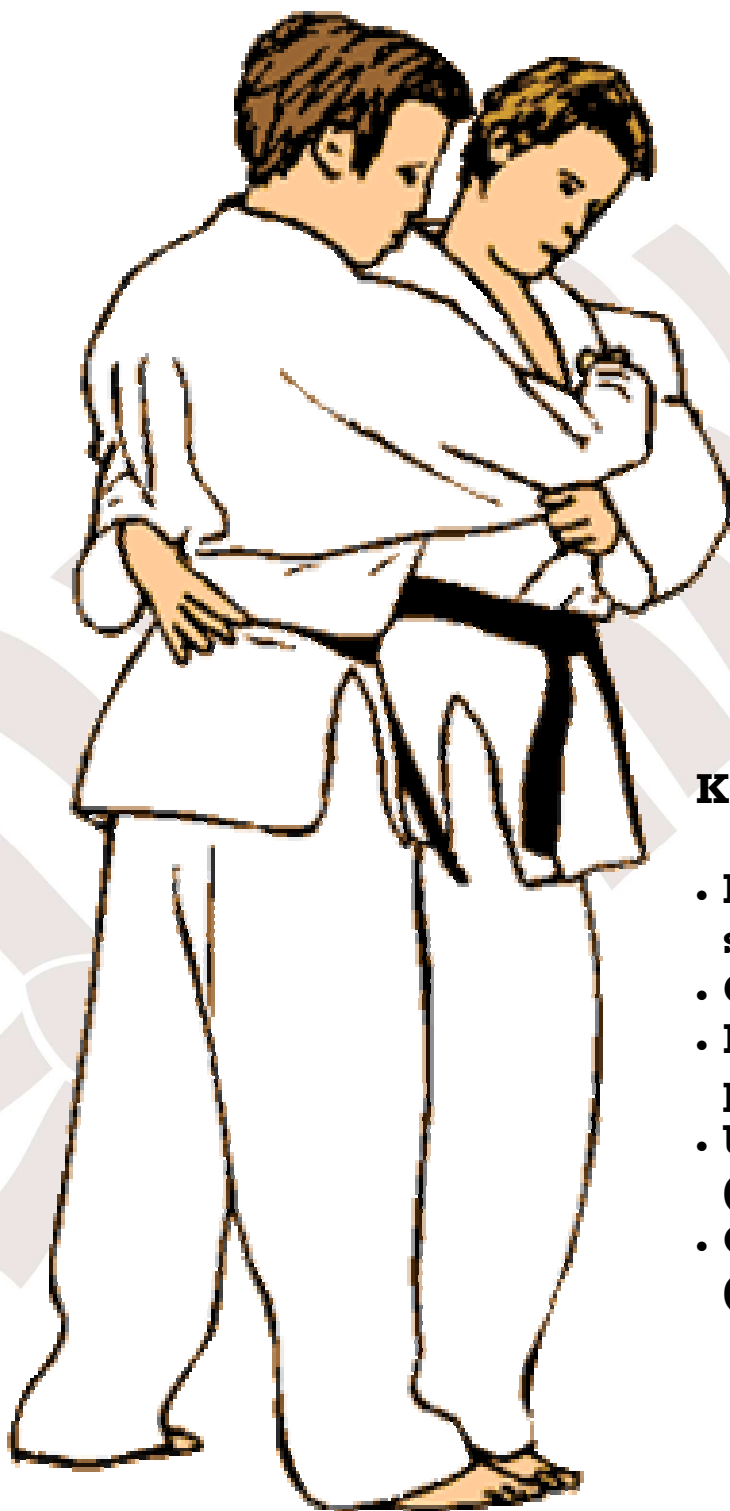
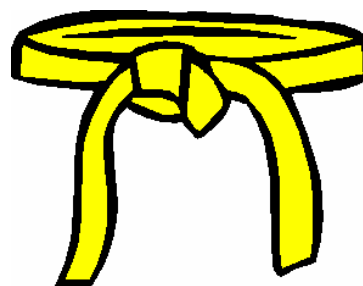


# TSURI GOSHI

## LIFTING HIP



### KEY POINTS;

- Knees bent, back straight
- Grip belt, use to lift
- Both feet inside partner's feet
- Under partner's arm (Ko Tsurigoshi) or
- Over partner's arm (O Tsurigoshi)



JUDO  
NEW ZEALAND

