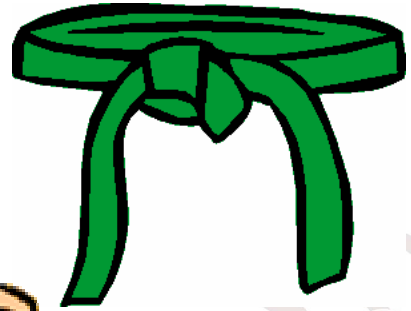


TSURI KOMI GOSHI

LIFTING PULLING HIP



KEY POINTS;

- **Lifting arm same side as grip**
- **Lifting arm as straight as possible**
- **Knees bent**
- **Hips “right in”**

