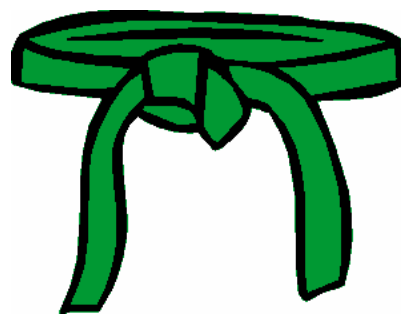


UCHI MATA

INNER THIGH



KEY POINTS;

- Strong body contact
- Hips in
- Straight reaping leg
- Rotate shoulders



**JUDO
NEW ZEALAND**

