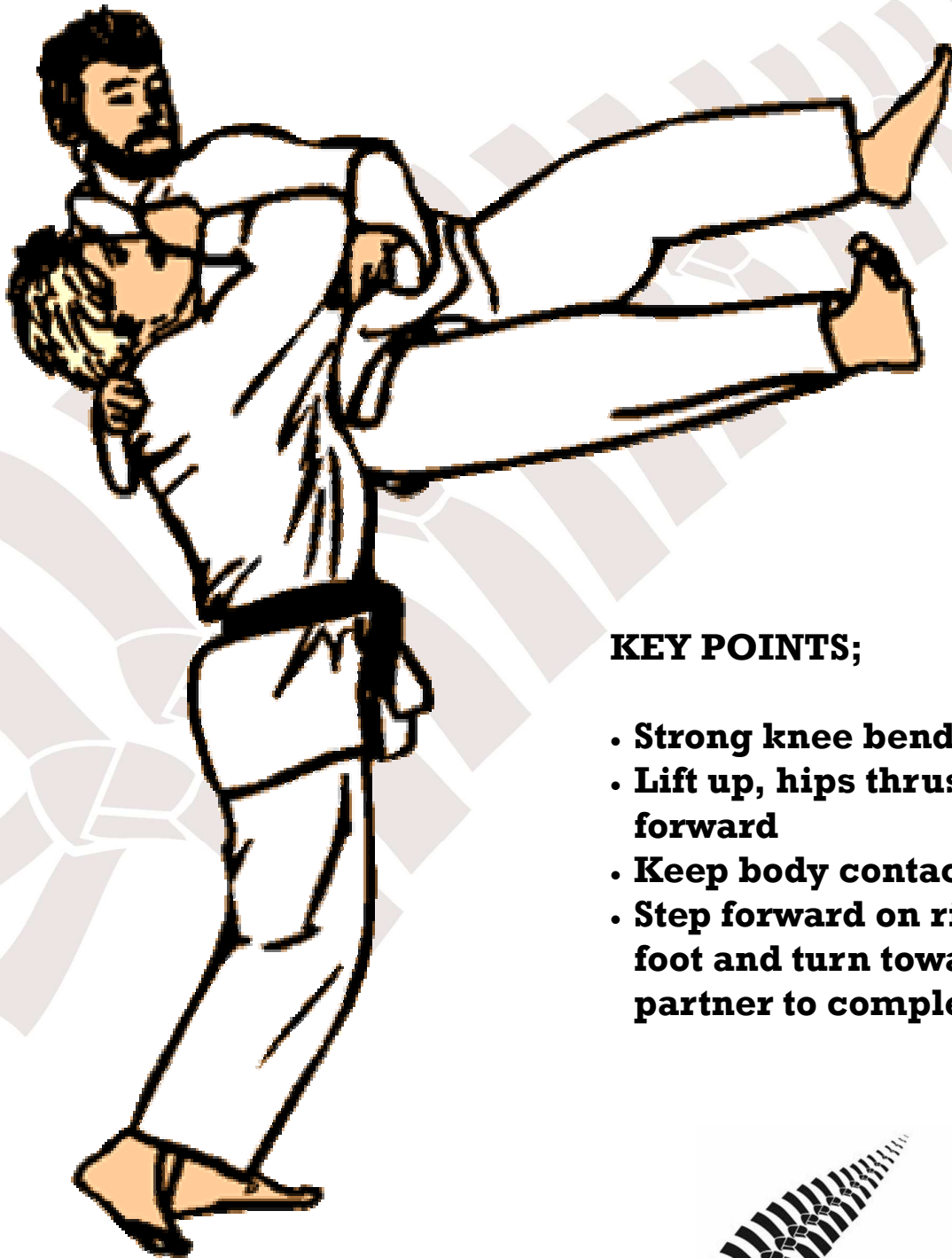
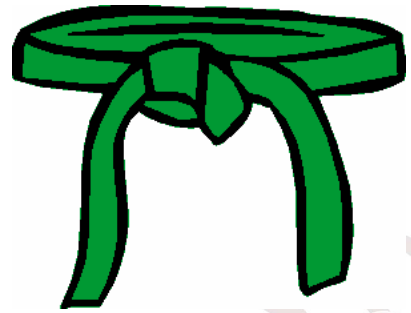


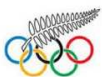
USHIRO GOSHI

BACKWARDS HIP



KEY POINTS;

- **Strong knee bend**
- **Lift up, hips thrust forward**
- **Keep body contact**
- **Step forward on right foot and turn toward partner to complete**



Inspire, Excel, Together.™



**JUDO
NEW ZEALAND**