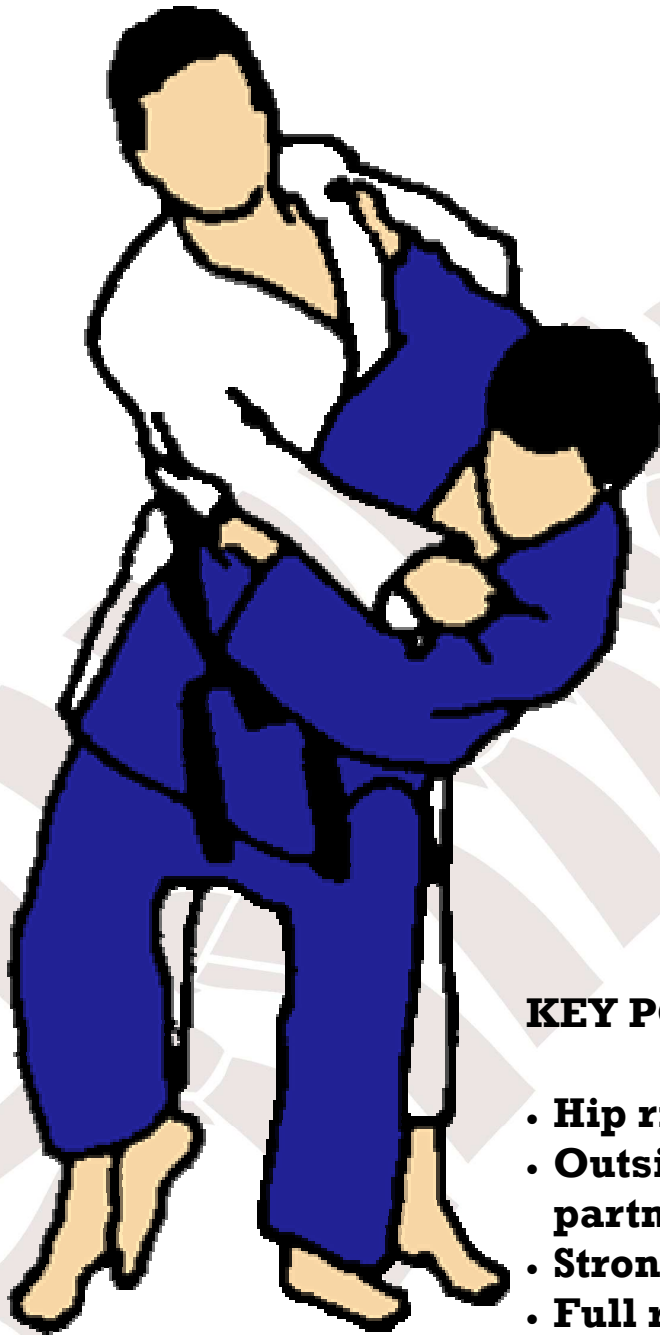
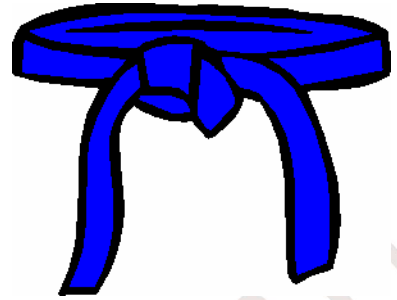


# HANE GOSHI

## *SPRING HIP*

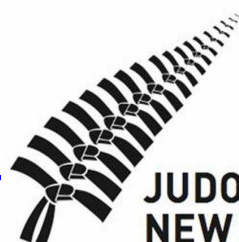


### **KEY POINTS;**

- **Hip right in**
- **Outside of foot /ankle contacts partner's inside lower leg**
- **Strong "spring" outwards**
- **Full rotation with upper body**



Inspire, Excel, Together.™



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NEW ZEALAND**