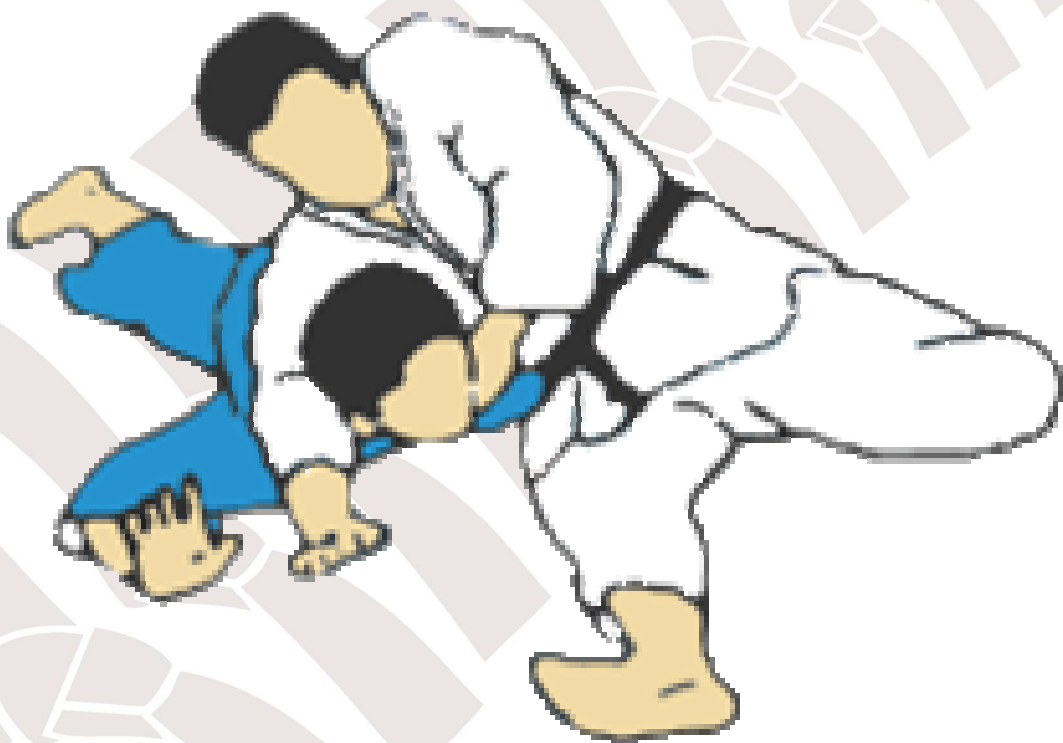
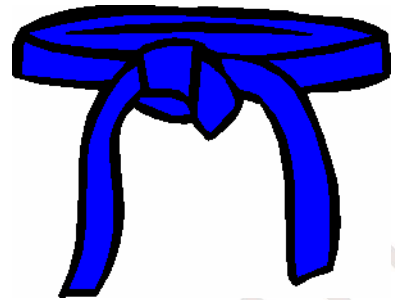


KOSHI JIME

HIP STRANGLE



KEY POINTS;

- **Thumb inside collar across throat**
- **Weight across partner's shoulders**
- **Thrust lower leg through to front so hip over shoulder**
- **Other hand either as shown, under arm or take partner's leg**



Inspire, Excel, Together.™



**JUDO
NEW ZEALAND**