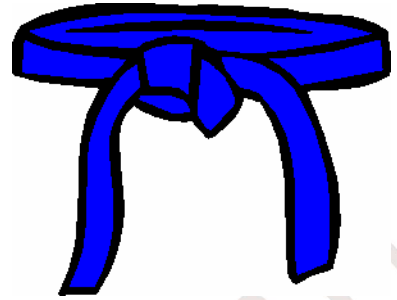


# SODE TSURI KOMI GOSHI

*SLEEVE LIFTING PULL HIP*



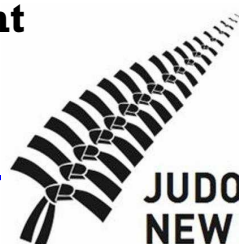
## **KEY POINTS;**

- **Drive sleeve gripping arm straight and diagonal**
- **Hips in deep**



Inspire, Excel, Together.™

19/6/11



**JUDO  
NEW ZEALAND**